

DIGITAL DISCONNECTION



AMALTEA
CONSULTORÍA EN
IGUALDAD DE GÉNERO



Online Modality

Duration: 3 hours Price:
24,75€/student.



Face-to-Face Course

3 hours
Price: 42,90 €/student.
Group between 6 and 12 pers.



Certificate of accreditation

By a consultancy
specialised in gender



CONTENTS

Module 1. Applicable regulations

- Unit 1. National regulations Unit 2. Disconnection rights
 - digital disconnection rights

Module 2. Digital Disconnection and Health

- Unit 3. Psychosocial risks Unit 4. Productivity and rest Unit 5. Disconnection and conciliation
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Module 3. How to apply the Digital Disconnection?

- Unit 6. Protocol for the appropriate use of devices
 - Unit 7. Exceptions and limitations.
- Unit 8. Recommendations for rest and holiday time Unit 9.
 - rest and holiday time Unit 9. Apps for Digital Disconnection
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METHODOLOGY

Gamification

Group work Role-playing

Case studies

Stagings

Recordings

Real cases

MORE INFORMATION

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