

DIGITAL DISCONNECTION



AMALTEA
Consultoría



Online

3 hours
€24.75 per person
Open booking



Face-to-face delivery

3 hours
Price: €42.90 per person
Groups of 6-12 people



Certificate of Accreditation

By a gender
consultant



CONTENTS

Module 1. Applicable regulations

- Unit 1. National regulations
- Unit 2. The right to a digital break

Module 2. Digital Disconnection and Health

- Unit 3. Psychosocial risks
- Unit 4. Productivity and rest
- Unit 5. Unwinding and work-life balance

Module 3. How to practise digital detox

- Unit 6. Guidelines for the proper use of medical devices
- Unit 7. Exceptions and limitations
- Unit 8. Recommendations for rest periods and holidays
- Unit 9. Apps for digital detox



METODOLOGY

Gamification

Group work

Role-playing

Case studies

Reenactments

Recordings

MORE INFORMATION

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