

# SPACE SENSEI

## PRODUCTIVITY TRAINING



# A FRESH APPROACH TO DIGITAL WELLBEING & PRODUCTIVITY

**Is your team exhausted or distracted? Are they working remotely and struggling with digital fatigue?**

**Perhaps it's time to make space in your life to rethink your digital work and life habits?**

What if your team could be more focused and productive by doing less, not more?

What if habitually unplugging from digital technology was not simply a means of surviving week by week but a strategy to produce your best work and live your best life.

This productivity course is based on our award winning book, Spacemaker, winner of seven international awards including an Australian Business Book Award in 2021, and a USA Axiom Business Book Award in 2023.

### TRAINING OUTLINE

#### THEORY

Discover why our productivity and wellbeing suffers when we overuse digital technology.

Recognise the signs of digital overuse and how to improve health, happiness and productivity.

#### PRACTICE

Identify the domains of personal wellbeing and how to build habitual patterns of self-care.

Learn to say 'no' or 'not yet' and establish healthy digital boundaries in a hybrid work environment.

Establish individual and team patterns for deep rest, deep thought and deep focus to thrive in a digital and AI enabled workplace.

### BOOK A SESSION

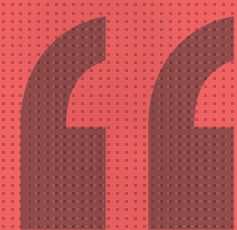
**TIME** 4 hours duration includes a 15 minute break

**COST** \$2000 CAN for in-house teams (excluding travel)

**HOW** Training provided in Hobart or using Zoom or MS Teams.

Includes follow up videos and resources.

**WEB** [spacemakersgroup.ca/training](https://spacemakersgroup.ca/training)



**My team loved this course. It was a chance to rethink our digital habits and invest in our people in a fresh way.**

