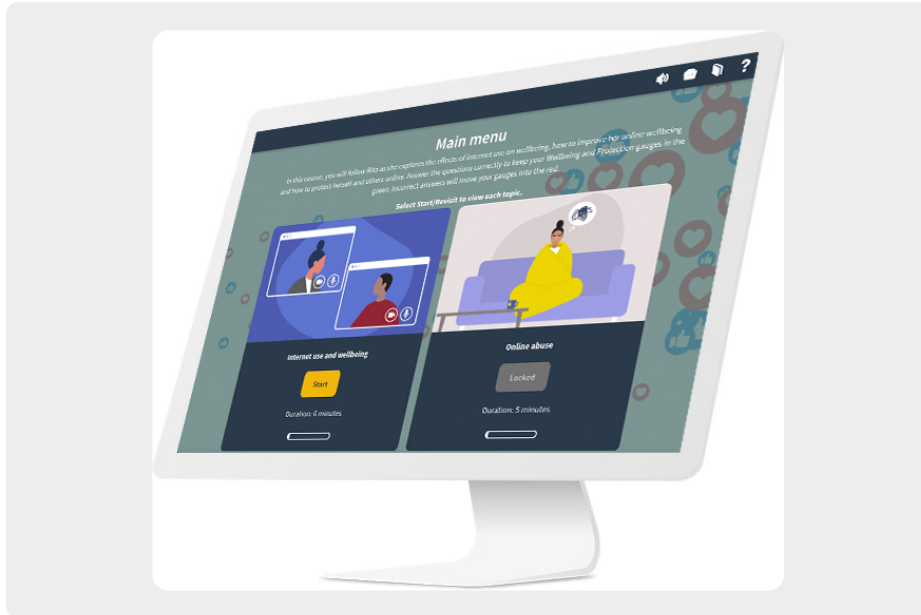


Online Wellbeing

How to create a healthy balance and healthy relationship with our internet usage



Course Overview

Our time online and time spent on social media is at an all time high- and looks set to increase. Barely a day goes by without a new app making headlines and social media usage has been ingrained into the fabric of all our lives- from children barely into their teens to the more 'mature' end of the age range.

What's not increasing at a proportionate rate is guidance and advice on the effects of excessive consumption of online material- be it social media, gaming or any other content.

This course will help learners recognise and hopefully stop and think about the potential effects of their online usage on their mental health. Changing habits is always difficult but this course will help with that.

Online abuse is unfortunately also growing- it seems to take a high profile incident to bring it to the attention of the masses before it drifts out of consciousness again. However it isn't going away, and whilst acknowledging that there is a number of ways in which it can be avoided and if experienced then the impacts can be minimised.

This course will show learners some of the way to do this...

Key Learning Points

- Recognise the effects social media and other internet use can have on mental health
- Strategies for changing habits around internet use and social media
- What online abuse is and how to combat it
- How to protect yourself and others online
- Taking a balanced approach to online usage

© DeltaNet International Ltd

Learn More



Technical Requirements



Guide Pricing

1+ Licenses £29 per learner

11+ Licenses £25 per learner

21+ Licenses £20 per learner

51+ Licenses £15 per learner

101+ Licenses £10 per learner

*guide prices are per learner, per year

For 150+ learners, please contact us for a quote by telephone or email:

enquiries@delta-net.co.uk

+44 (0)1509 611019

Great Value Package

You can buy this course on its own or for greater value why not buy the full package of Performance Training courses?

For more info visit:

<https://www.deltanet.com/performance-management>

2021 ★★★★★ feefo^{co} Platinum Trusted Service Award

