

Restart your digital life.

A practical 3-day course to gain more
time, peace and focus

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Introduction

Ladies and gentlemen,

Today's digital age affects each of us to some extent. It affects our health, relationships, attention, concentration and other areas of our lives. Most people are digitally addicted to some extent and it is up to each of us to admit this problem and start taking concrete steps to reduce digital addiction. Maybe your partner or your child is affected by digital addiction and you observe its symptoms every day.

Reducing your digital addiction may become a priority for you, but it's important to know the right methods and practices to achieve the best results.

I have been working on the issue of digital addiction for several years. Based on my practical experience, I have prepared a 3-day course, during which I introduce participants to proven procedures and explain them using specific examples. An important part of the course is also practical exercises, thanks to which participants can try out individual methods themselves.

If you apply the knowledge you gain in your life, you can save a lot of time in the future. You can then devote this time to yourself, your work, your partner, your children or other important activities. At the same time, you can improve your attention and ability to concentrate and reduce some of the difficulties that may arise in connection with the excessive use of digital technologies. The course

is held in the language specified for the specific date and according to the chosen location. Each participant will receive a work manual during the initial registration at the hotel, which is intended for taking notes and completing tasks during practical exercises. This manual will guide the participant throughout the course and help him prepare his own plan for a healthier use of digital technologies.

I look forward to our joint journey in reducing digital addiction.

Who can order the course?

- **Individuals**– the course is intended for anyone who feels the need to limit the time spent on their mobile phone and gain more control over their digital habits.
- **Interested in a gift voucher?**– you can also give a course voucher to someone you love and who you know is being limited in their personal or professional life by excessive use of digital technologies.
- **Companies and their employees**– employees can attend the course based on the recommendation of a human resources officer, manager or other person responsible for employee training and development.

Only persons over 18 years of age can participate in the course.

What forms of digital addiction do we encounter among the participants of our courses?

Participants in our courses come with a variety of digital habits and difficulties. Individual forms of problematic behavior often combine with each other. For example, a person may use social media excessively, repeatedly check messages, and at the same time spend long hours playing online games.

We most often encounter the following areas:

Vážení čtenáři, právě jste dočetli ukázkou z knihy **978-80-88576-03-7**.

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