

# DIGITAL RESILIENCE AND WELLBEING IN THE WORKPLACE

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**KIA NOHO KAUMARU  
TUIHONO**

# WHAT WE DO

Resilience, safety, and wellbeing are recognised as critical aspects in a well-supported and positive workplace culture. Digital resilience, safety, and wellbeing is no different.

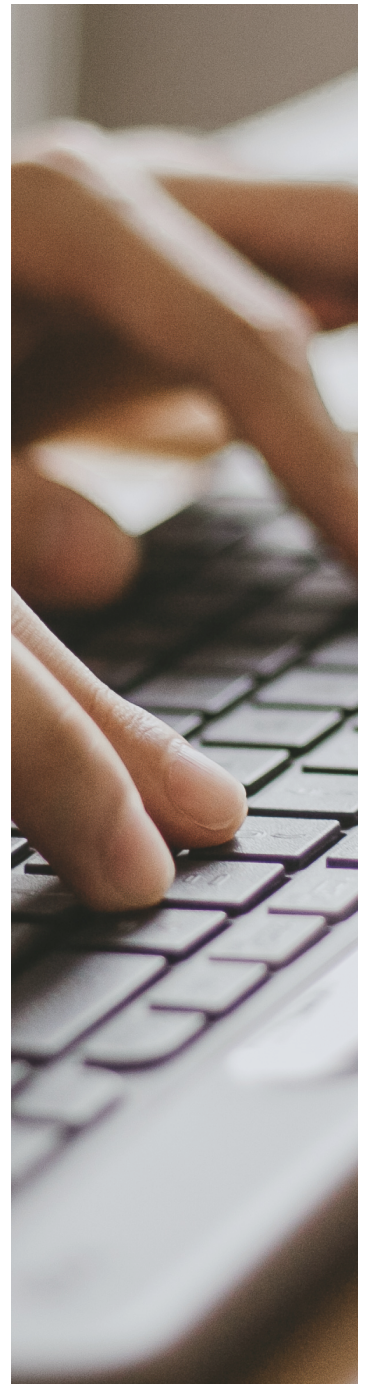
Generation Online delivers training and resources to support, in formats that align with your organisation's needs, culture, and budget.

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As kaimahi - staff, we need to ensure that we have the necessary skills and knowledge to protect ourselves and our work in the digital space.

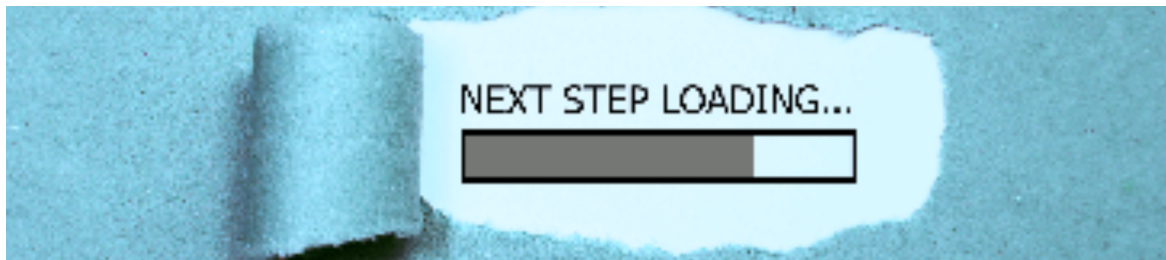
To support, we deliver training and resources that help kaimahi to:

- Learn about key digital safety and security, resilience, and wellbeing strategies.
- Become aware of the potential risks, and to be familiar with key legislation and regulations that apply in the digital world.
- Explore Hauora | Digital Wellbeing through the Te Whare Tapa Whā model [Sir Mason Durie].
- Understand and find balance between our digital engagement, attention and distraction, our brain band-width, and our wellbeing.
- Understand complex information through our "visually engaging and accessible to everyone" communications for different groups.



# Services | Next Steps

*Resilience is an on-going process requiring knowledge, skills, and attitudes that help us to confidently cope when things go wrong and sustains us in moving towards positive outcomes.*



## **PRESENTATIONS WORKSHOPS F2F**

**Presentations and interactive workshops covering key information, skills, and concepts.**

## **ONLINE WEBINARS**

**Key messages shared using slides, chat functions, discussion, and questions. Summary notes and links provided.**

## **RESOURCES TOOLKITS**

**Taking complex information and delivering accessible, engaging resources. Surveys, Guides, Toolkits, flyers, posters, infographics.**

## **KEYNOTES SEMINARS**

**Keynotes and seminars in conference settings.**

**Want something different? Need to communicate complex ideas in accessible, engaging ways? We excel in creating solutions that work for your organisation.**

# Connect



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## About

Founder and Principal Learning Advisor, Anjela Webster [M.Ed- hons; B. Ed; Dip. Positive Psychology and Wellbeing] works with organisations, businesses, kura, and community groups.

Digital safety, resilience, and wellbeing are people-centred needs, and understanding behaviour, the digital environment, how we learn, and what gaps exist, are at the fore of the work in which Anjela brings SM expertise.

Anjela's expertise and her ability to take complex or challenging content and present this in person, online, or in engaging resources, are highly sought after.

For more information, click [here](#):

