

# The Human Side of Digital Work

The Effects of digital work on people and their social systems



Over the past year we have shown that working remotely has little effects on efficiency and productivity. However, gradually more and more long-term consequences of pure digital work are noticeable: loss of team spirit, loss of trust, serious zoom fatigue and the missing coffee and lunch interactions within the team. In the middle of the second wave, the return to classic office work and face to face interactions, to recharge the “bonding battery” seems far away. That is why it is even more important to understand:


- What are the psychological-neurological effects of digital work
- How can we create emotional and personal bonding on a video screen in order to be able to support employees in situations of crisis?
- How can we as managers show presence without actually being present?
- What tools and tricks can we use to continue maintaining team spirit?


In this workshop we will share our insights on the psychological effects of digital work and work together to find answers to these questions in your company.


## Framework:

- Participants: Up to 20 Persons
- Duration: 2 Hours
- Your investment (incl. preparation): €700

## Workshop Agenda:

 Keynote Speech „Working Remotely – Effects on people and social systems?“  
-----45 Minutes-----

 Practicing and experiencing behaviors that create closeness and bonding in digital collaboration  
-----30 Minutes-----

 Moderated Deep Dive about insights and experiences gained.  
-----45 Minuten-----

...And how to lead your team through crisis with digital PRESENCE

**STRASSER & STRASSER**  
UNTERNEHMENSBERATUNG AG

Lilienstraße 10, 81669 München  
m.strasser@strasser-strasser.de  
089/30766960