

# Workshop Ideas



## Digital Detox

**Possible Subjects:**

- Life Offline/Unplugging
- Overload Psychology
- Boundary Setting
- Managing Digital Distractions



## Work-Life Balance

**Possible Subjects:**

- Stress Management
- Time Management
- Boundaries
- Self-Care
- Productivity



## Remote Work

**Possible Subjects:**

- Collaboration
- Communication
- Digital Nomadic Lifestyle
- Technology/Resources
- Work-from-Home Environment



## Health & Wellness

**Possible Subjects:**

- Mindfulness & Meditation
- Fitness Activities
- Nutrition & Habits
- Healthy Cooking Contests
- Wellness Challenges



## Productivity & Efficiency

**Possible Subjects:**

- Time Management
- Goal Setting
- Task Prioritization
- Optimizing Work Processes



## Conflict Resolution

**Possible Subjects:**

- Techniques
- Fostering a Positive Work Environment
- Managing Workplace Relationships



## Intercultural Relations

**Possible Subjects:**

- Diversity
- Inclusion
- Equity
- Unconscious Bias
- Microaggressions



## Creativity & Innovation

**Possible Subjects:**

- Design Thinking
- Brainstorming Challenges
- Creative Exercises
- Innovation Opportunities



## Sustainable Practices

**Possible Subjects:**

- Eco-consciousness
- Environmental Responsibility
- Social Impact