

Tekst til mødeindkaldelse

Emnelinje:

Workshop: Balance your screen time

Notice of meeting:

Dear all,

At [Indsæt virksomhedsnavn], we want to focus on generating mental strength in a digital world. We therefore invite you to discuss how to best use the devices that are available to us at work. It is not a case of switching off our screens entirely, but about balancing our screen time, so that we take full advantage of the potential of our digital devices, without using them excessively.

The aim of the workshop is to discuss our expectations in relation to the use of digital devices in our work life and our private life. In preparation for the workshop, I suggest that you watch a short animated video, which is a good introduction to the subject, and that you test your own smartphone addiction. You find both [here](#).

We look forward to seeing you!

Best regards,
[Indsæt navn]