ATHLETE WELLBEING & ENGAGEMENT

DIGITAL WELLBEING PROGRAM

The AW&E Digital Wellbeing program is designed to help athletes understand their purpose and the impact of their online presence. It will explore the importance of being aware of their personal values and how to positively share content that aligns with their goals and desired behaviours.

The aim of this program is to provide athletes access to information, advice, face-to-face and online learning to enhance their wellbeing and personal development.

Learning outcomes

- To explore and clarify your **personal values** and how they are **represented online**

- To fully understand the impact of your online presence and to stay aligned to your desired behaviours

- To clarify your **personal boundaries** when sharing online

- To understand the responsibility of sharing factual information and appreciate the impact and influence you have on your followers and how it represents your values and attitudes.

- To **develop positive habits** with your online interaction and activity

The content of this workshop includes

- What is Digital Wellbeing

- Exploring your values and using them to guide your online sharing

- Social media, your online presence and setting boundaries

- Positive posting and ideas for social media content

- Fake news & misinformation

- Digital permanency and footprints

- Managing tech use and healthy online habits

Course content is tailored to consider the needs and expectations of the participants. This is a highly interactive and practical workshop created by a specialised registered psychologist to help guide best-practice, balanced tech use and healthy relationships with digital devices.

The program requires a minimum attendance of 10 family or friends of categorised athletes. It is the responsibility of the AW&E Manager to provide a venue and any necessary catering.

For more information about this program or other resources available to enhance athletes' personal development contact Evelyn Le Pavoux on **0466 856 684** or **Evelyn.LePavoux@sportaus.gov.au.**