



STAYCONNECTED

Recap of key lessons learned

Reflection worksheet

Session experience	
What were your goals at the beginning of the session? Did you achieve them? Why or why not?	
Which part of the session (e.g., discussions, role-play, action planning) did you find most engaging? Why?	

Key takeaways by topic		
Topic	Key insights or learning	Ideas for application in your work
1. Definitions of digital inclusion, social connectedness, and wellbeing		
2. Importance of digital wellbeing in hybrid workplaces		
3. Barriers to digital inclusion (e.g., proximity bias, multitasking)		
4. Communication challenges and inclusive techniques		
5. Action planning for digital wellbeing and team inclusion		

Session impact and next steps

What is one concrete action you will take to improve digital wellbeing and inclusion in your team?	
How will you measure the success of this action?	

Session feedback

What did you enjoy most about the session?	
What could be improved in future sessions?	

Additional notes

Use this space for any additional thoughts or ideas

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