



RIGHT TO DISCONNECT WEIGHING UP THE IMPACT

"Perfection is not attainable, but if we chase perfection, we can catch excellence." - Vince Lombardi

The Right to Disconnect training course explores how employees and organisations can balance wellbeing with operational needs. While switching off outside of work hours is terrific for health and productivity, it also raises questions about continuity of knowledge and task management. This course shows how leaders and staff can find a win-win solution. This means protecting personal time while building stronger systems for knowledge management, communication, and delegation. Participants will leave with practical tools to support both individual balance and organisational resilience. This course was prompted by a CEO getting very frustrated when an alarm went off in the factory. It was a long night, and they couldn't contact the person with the code. Why not have a better system in place?

Key Course Content:

- Explain the *Right to Disconnect* and discuss its legal and organisational context.
- Recognise the wellbeing and productivity benefits of healthy boundaries.
- Identify the risks of lost knowledge when individuals disconnect.
- Apply knowledge management strategies to ensure continuity of work.
- Use effective delegation skills to share responsibility, capability and maintain progress.
- Communicate availability expectations clearly within teams.
- Balance personal wellbeing with organisational needs through practical tools.
- Sequence events in an emergency situation
- Develop a personal and team plan that supports both disconnecting and knowledge continuity.



Target Audience:

Managers and Staff



Duration:

This course is available as a 1-day course or a truncated half-day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.



Get a Quick Quote:

Let us know if you would like an obligation free quote for your organisation.