



Wellbeing at work. Is technology friend or foe?

Questions and answers from the Inform webinar

28 April 2022

What you asked us

Here are the Q&A from our webinar on Thursday 28 April 2022.

This webinar was about wellbeing at work. Wellbeing is more than doing the right thing, it makes good business sense too. New research says one in four UK workers would leave their job for another organisation that supported them better around stress and burnout. Yet barely half say their organisation supports them well at the moment.

How clued up is your organisation about wellbeing? And is it leveraging any of the opportunities to support wellbeing through technology? Technology can make our work easier though only when we use the tools well.

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About the speakers

Alex Cunningham, The Mindful Compass

Alex is a corporate wellbeing trainer, mindfulness and compassion teacher and true story facilitator with a particular interest in diversity, equality and inclusion.

Adapting to life in the pandemic has seen Alex host over 1,600 online wellbeing sessions including his four and twelve week wellbeing courses, webinar series, daily drop-ins and breakout rooms.

His style of training is to make you think, to try ideas and exercises out for yourself and to provide you with manageable and repeatable ways to make a difference to your day-to-day wellbeing.

We all have our ups and downs. Wellbeing is not about achieving some kind of perfection. It's about being able to celebrate and enjoy good times and managing to bring a compassionate attitude to the times when life is hard.

Follow [Alex on LinkedIn](#)

Mark Thompson, Office 365 Consultant

Mark Thompson has over 20 years' experience in IT, training and support. Currently he's helping people work with Microsoft Teams and all things Microsoft 365. Mark's a lead trainer and produces training material for large governmental departments. Materials include train the trainer, user community engagement, support for non-technical team members and end-user training. He's passionate about sharing everything he learns and is the main source of Office 365 updates in his current organisation with over 8,000 staff.

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Natasha Bradley, Commercial Manager at The Inform Team

Natasha has worked in the IT industry for over 12 years and has a good understanding of technology and how it can be used to overcome business challenges. Before joining Inform, Natasha ran a sales and marketing business for five years, delivering services to a range of Microsoft partners in the UK. Natasha has innovative ideas on how to use technology and is working with several large NHS trusts to introduce new ways of working with Microsoft Teams.

Connect with [Natasha on LinkedIn](#)

The questions

We've indicated the initials of the person answering the questions. The answers are either as they were given in the session or with some additional information added after more time for reflection.

Question	By	Answer
I really appreciated this notion of turning to sports and this sort of MVP, because you're right, I think	AC	It's good to understand what business you're working for. The level of fear you have before you're even willing to engage can be aided by the type of

<p>every job description talks about how they value their people and all the rest of it but actually turning that genuinely into something is harder than it sounds.</p> <p>And I suppose maybe it's how could we encourage and have the confidence to tell her bosses we need that, we need that space, we need that area for wellbeing. Because it can be an uncomfortable position?</p>		<p>business. Some people have come back to me and said it's just not that type of business. I can't ask those types of questions.</p> <p>Yet the thing about our beliefs is that they're not always true. And sometimes if we go back to businesses and we go with evidence, and with numbers, and giving examples of why there's been a struggle or why it's been difficult and why you might need the change. Especially if you can show what that would mean in terms of productivity and the benefits it could open. Especially what it could mean for becoming a better team member.</p>
<p>Have you ever used the Pomodoro technique?</p>	<p>AC</p>	<p>Personally, I can get easily distracted. I don't think I'm alone in that. And there is something which is similar to Pomodoro which is called Focus Mate. You sign up and you can do 25 or 50-minute sessions. You can work together, and you look at each other's picture from time to time and then catch up at the end and say how you got on. Especially about what went well and what didn't.</p> <p>It's a great chance to feel like you have a work partner. Especially when working from home.</p>

Have a question that's not answered here or want to talk about your own project? [Contact Natasha](#) and she can help.