



CoachingHer

Coaching for Empowerment and Success



Funded by the European Union. However, the views and opinions expressed are solely those of the author(s) and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor the EACEA can be held responsible for this.

Coaching for Mothers

- Digital Competence -

Objectives of the workshop



- ✓ Knowing basic digital tools
- ✓ Organizing everyday life digitally
- ✓ Knowing remote work and hybrid work skills
- ✓ Strengthening media expertise

What does "digital literacy" mean to you?

- Knowledge & Application of Digital Tools
- "Are you currently organizing your everyday life with digital literacy?"
- "What stresses or helps you in your daily routine?"

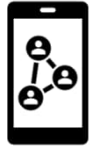
Basics of "Digital Competence"



Technological possibilities



Information literacy



Communication & Collaboration Skills

Basics of "Digital Competence"

Digital organization

Managing your schedule digitally
Appointments with reminders

Security on the Internet

Privacy
Strong passwords

Online communication

Email, WhatsApp, Groups

Children's media use

Role model function
Establishment of rules

Exercise: "Digital Competence"

- Arbeitsblatt
- "What can be used more effectively using this way?"
- "What is missing me for this?"
- „What added value do I have through digitization?"

Opportunities & Risks

- Exchange of experiences
- Screen Time & Offline Time (Digital Balance)

Digital tools to use in everyday life

- Calendar
- List apps (to-do)
- Messenger
- Shopping apps
- Yoga/meditation/sports (online formats)
- Music/podcast
- Educational apps for children, e.g. musical instruments

Conclusion

- "Which digital tools will I use in the future?"

THANK YOU!