

Corporate Seminars

Written by Dr. Kimberly Young

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Corporate Cyber-Wellness Seminars

Employee Internet misuse and abuse costs billions in lost productivity among companies. Studies have found that 1 in 5 employees misuse the Internet and 70% of adult web sites are hit between the hours of 9-5. Employee Internet abuse can be damaging to organizations as they struggle with ways to how to stop employees from chatting online, shopping online, looking at Facebook and Twitter, or trading stocks online while at work! This type of behavior not only hurts job performance but increases threats to information security, drains valuable network resources, and increases legal liability for companies.

Dr. Young's Corporate Cyber-Wellness Program © is an empirically-based program based upon research studies. The program is divided into two specializes designed to meet your companies needs.

MANAGEMENT DEVELOPMENT

This day-long training works directly with senior managers to develop effective strategies in stopping employee Internet abuse.

The program can be customized to best meet the needs of each organization and generally covers:

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- developing effective employee Internet use policies
- ways to communicate policies and educate employees
- developing computer security policies and monitoring systems
- strategies to enforce Internet use policies
- ways to reduce legal liability and improve employee job performance

EMPLOYEE SENSITIVITY TRAINING

Dr. Young also conducts sensitivity training to employees to make them aware of the potential for Internet abuse in the workplace. Similar to sensitivity programs for substance abuse prevention and risk management, Cyber-Wellness programs are customized for each audience, applicable to non-profits and for-profits, large and small firms, and cover ways that employees can:

- learn how to identify signs of employee misuse and abuse
- learn where to go for help and support
- learn how to use the Internet more responsibly during work hours
- learn how to better manage their time online

The programs have helped many organizations prevent unnecessary job loss and turnover due to employee Internet abuse.

CALL 814-451-2405 to learn more about Cyber-Wellness for your firm!