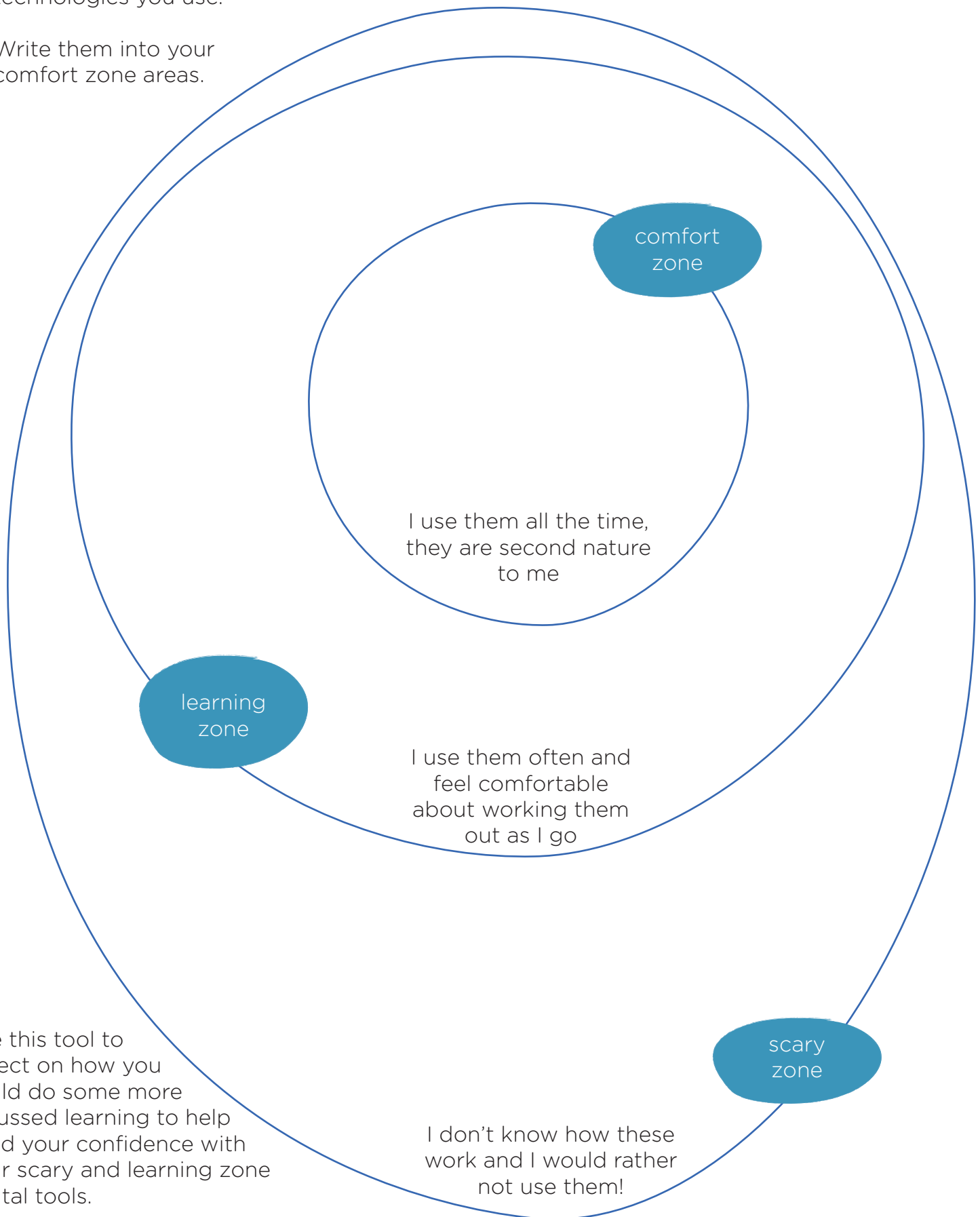


Digital comfort zone

Think about the digital technologies you use.

Write them into your comfort zone areas.



Use this tool to reflect on how you could do some more focussed learning to help build your confidence with your scary and learning zone digital tools.