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TECHNOLOGY INSIDER



Notifications: Striking a balance at work and home



Your monthly
newsletter, written
for humans!

Notifications have become a part of our daily lives. Whether it's the ping of a new email, a message from a colleague on Teams, or a meeting reminder on your calendar, these little nudges constantly battle for our attention.

But are we reaching a tipping point with notifications?

According to recent research, the answer might be a big "YES". The study revealed that the ping, ping, ping of notifications from collaboration tools is not only a distraction at work but is also taking a toll on our precious work-life balance.

So, why are notifications becoming a nuisance, and what can we do about it?

We're living in the era of collaboration tools. From video conferencing to project management platforms, we rely on these tools to stay connected and productive.

But... the more tools we use, the more notifications flood our screens.

During the traditional 9-5, the constant barrage of notifications can derail focus and productivity. But what's annoying is when notifications creep into our downtime. One

in three workers report that notifications outside of working hours have spiked over the past year.

As a society, we've created a situation where notifications disrupt our relaxation and family time. A third of young workers aged 21-34 struggle to fully enjoy time with loved ones due to work notifications. And that may put you at risk of losing your best people.

Here's our three step take on tackling the notifications dilemma:

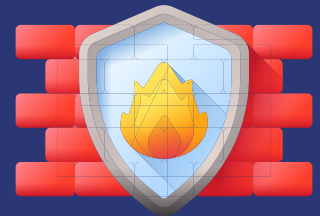
- 1. Set clear boundaries:** Make it understood that messages should be replied to within working hours. Practice what you preach by not sending messages outside of your own working hours (schedule send where possible).
- 2. Reduce tool overload:** Evaluate the collaboration tools you use. Streamline where possible.
- 3. Empower everyone:** Teach everyone to use do not disturb, and how to mute non-urgent notifications.

While technology has revolutionized the way we work, it shouldn't come at the cost of our wellbeing.

If we can help you and your team strike a better balance, get in touch.

DID YOU KNOW...

Firewalls are named after concrete walls?



Every business should use firewalls to protect systems from cyber attacks. Did you know that firewall software was named after physical walls made of concrete. These are built to prevent fires spreading throughout buildings.

We also have firewalls made of steel in the floorboards of our cars.



<https://www.BeckITSystems.com>

Encryption: A must-have for security

Keeping sensitive business data safe is a top priority. When managing a team of employees that use PCs, phones, and tablets, the importance of encryption can not be stressed too much.

Encryption is a secret code for your digital information. It scrambles your data into an unreadable format, and only someone with the right "key" can unscramble and access it. Think of it as a lock and key system for your digital assets, ensuring that even if someone gains unauthorized access to your devices or data, they can't make head nor tail of it without the key.

Your business likely stores tons of sensitive information, from financial records to customer data. Encryption ensures that even if a device is lost or stolen, your data remains safe and confidential.

And there are loads of other benefits too...

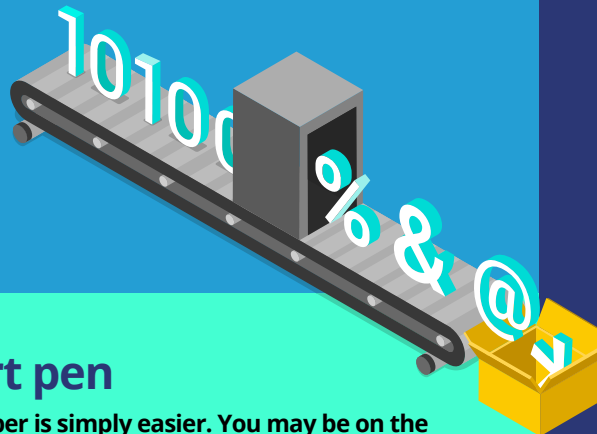
- Lots of industries have strict regulations regarding data security and privacy (think FINRA or HIPAA). Encryption helps you stay compliant, avoiding expensive fines and legal troubles.
- When clients or customers know that you take their data security seriously, it builds trust. People are more likely to do business with a company that safeguards their information.

- With the rise of remote work, your employees might be accessing company data from various locations. Encryption ensures that sensitive information is secure no matter where they are.
- Encrypting sensitive emails keeps your communication confidential, protecting sensitive business discussions and strategies.

When setting up encryption for the first time you need to think about both device encryption and data encryption. You also need to consider encryption both while data is at rest (where it's stored) and when it's in transit (being sent from person to person). And while that may sound intimidating, you don't have to do it alone - we can help!

You may also consider training everyone on encryption best practice, to secure any possible weak links in the team. After all, it only takes one false move to leave your data vulnerable. Helping everyone understand the importance of encryption and how to use it effectively is a strong protective measure.

If this is something we can help you do, we would love to assist. Get in touch.



Q: Can I use my browser's built-in password manager?

A: It is a bad idea. Dedicated password managers are more secure and designed for business use. We can help you find the most suitable one.

Q: When should I replace Laptops or PCs?

A: There comes a point when it starts to cost more to maintain a device than it would to replace it. Typically, the lifespan of a PC is around 3 years. If you'd like an audit of your devices, we can help.

Q: Does my business have to upgrade to Windows 11?

A: No. But it's a good idea if you want to take advantage of some of the new features designed to aid business productivity. We can help make the process easy - get in touch. Windows 10 support will terminate in 2025 so make your calendars!

Business gadget of the month

Livescribe Echo 2 smart pen

Sometimes, taking notes with pen and paper is simply easier. You may be on the go, in a meeting without your laptop, or it might just help you think better.

But when you're jotting down your notes, wouldn't it be great if your pen remembered every stroke and saved a digital copy too? That's what this smart pen does. Not only that, but you can record audio on it too and play back what was being said when you made a specific note. Smart.

\$99.99 plus special notebooks from Amazon.



This is how you can get in touch with us:

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