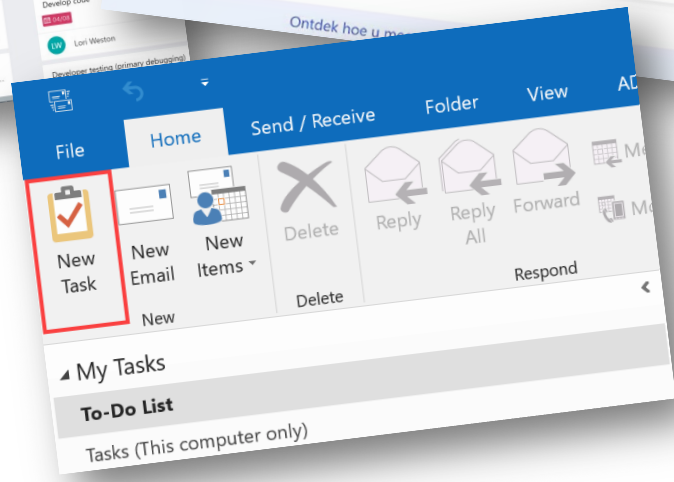
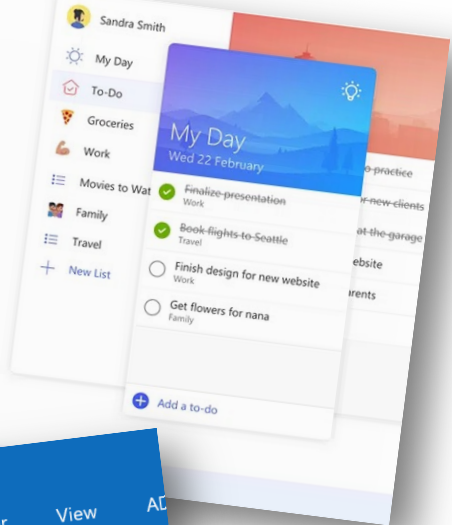
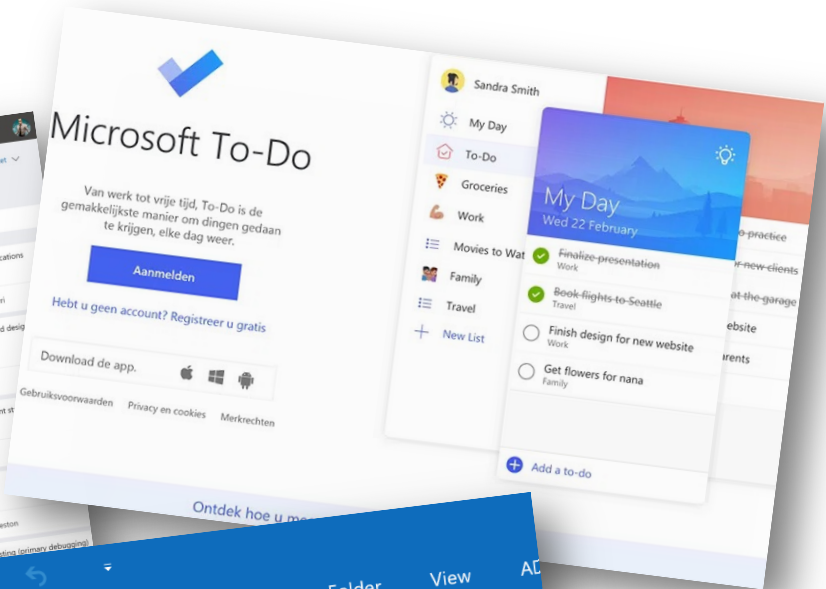
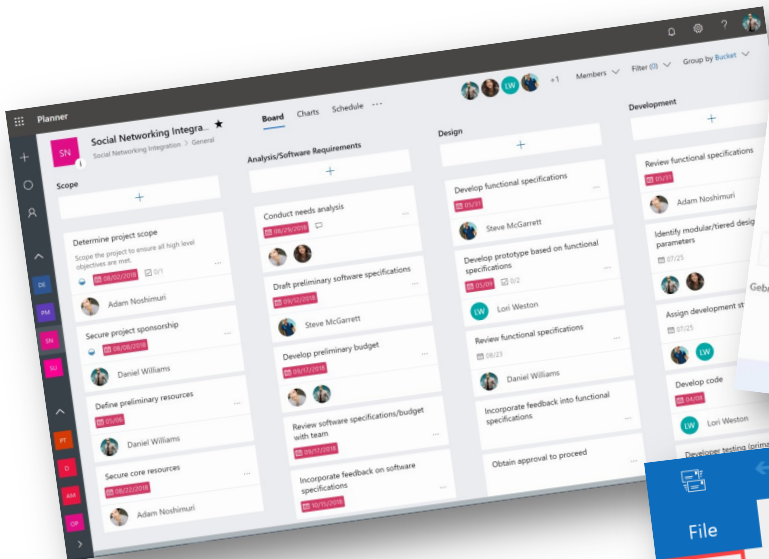


Xylios<sup>40</sup>

# De gevolgen van IT-overconsumptie op onze technologische gezondheid

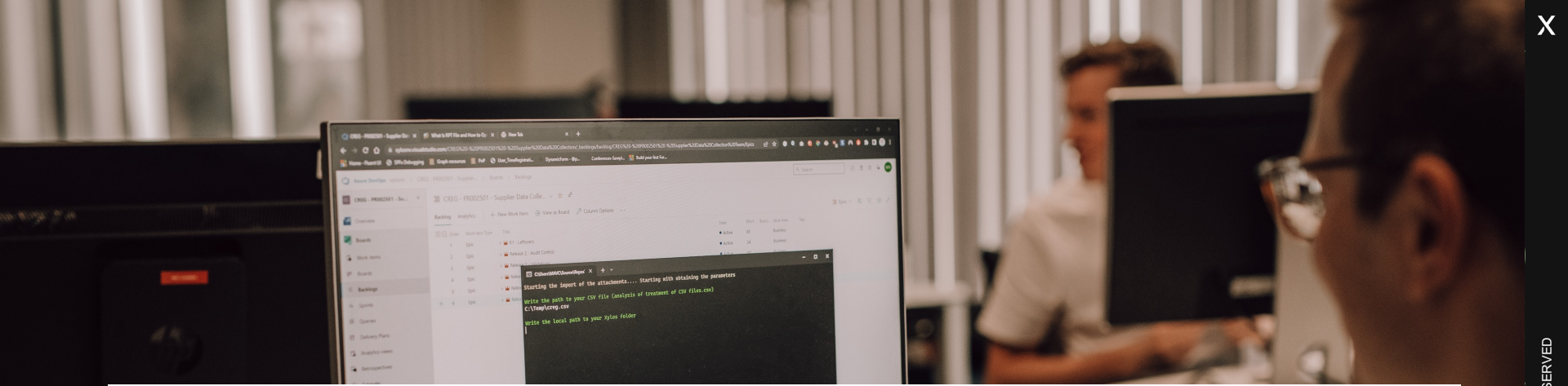
Michael De Bruyn  
Business Unit Manager Infrastructure & Managed Services





**— = +**  
**less is more**





IT-overconsumptie verwijst naar een situatie waarin de werknemers binnen een bedrijf omwille van overdreven gebruik van IT resources en producten net minder performant worden, en waarin de IT kosten voor het bedrijf te hoog zijn in verhouding tot de opbrengsten voor het bedrijf













© ANP XTRA

## Smartphones voor kinderen zijn de nieuwe sigaretten

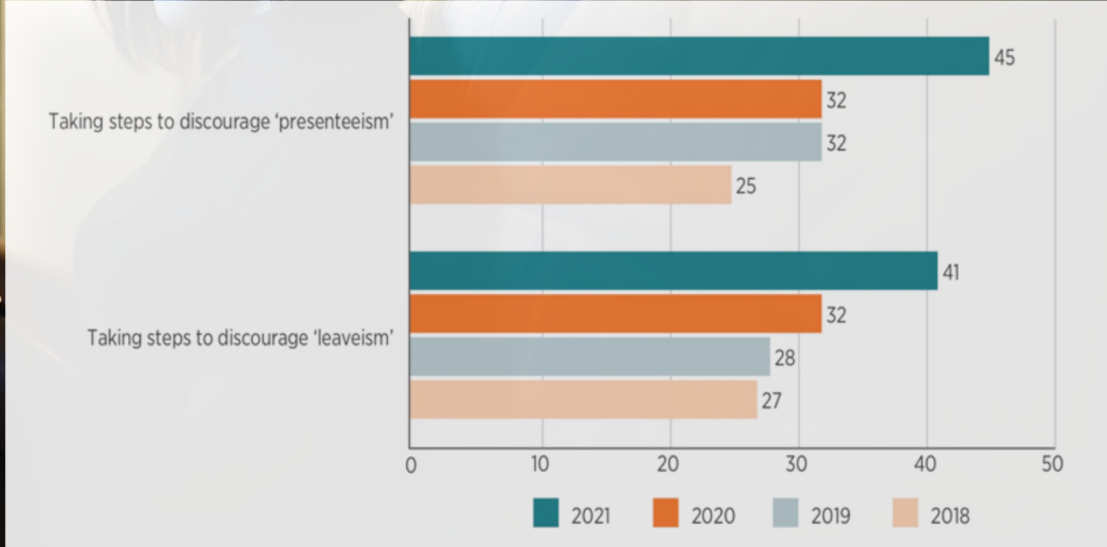
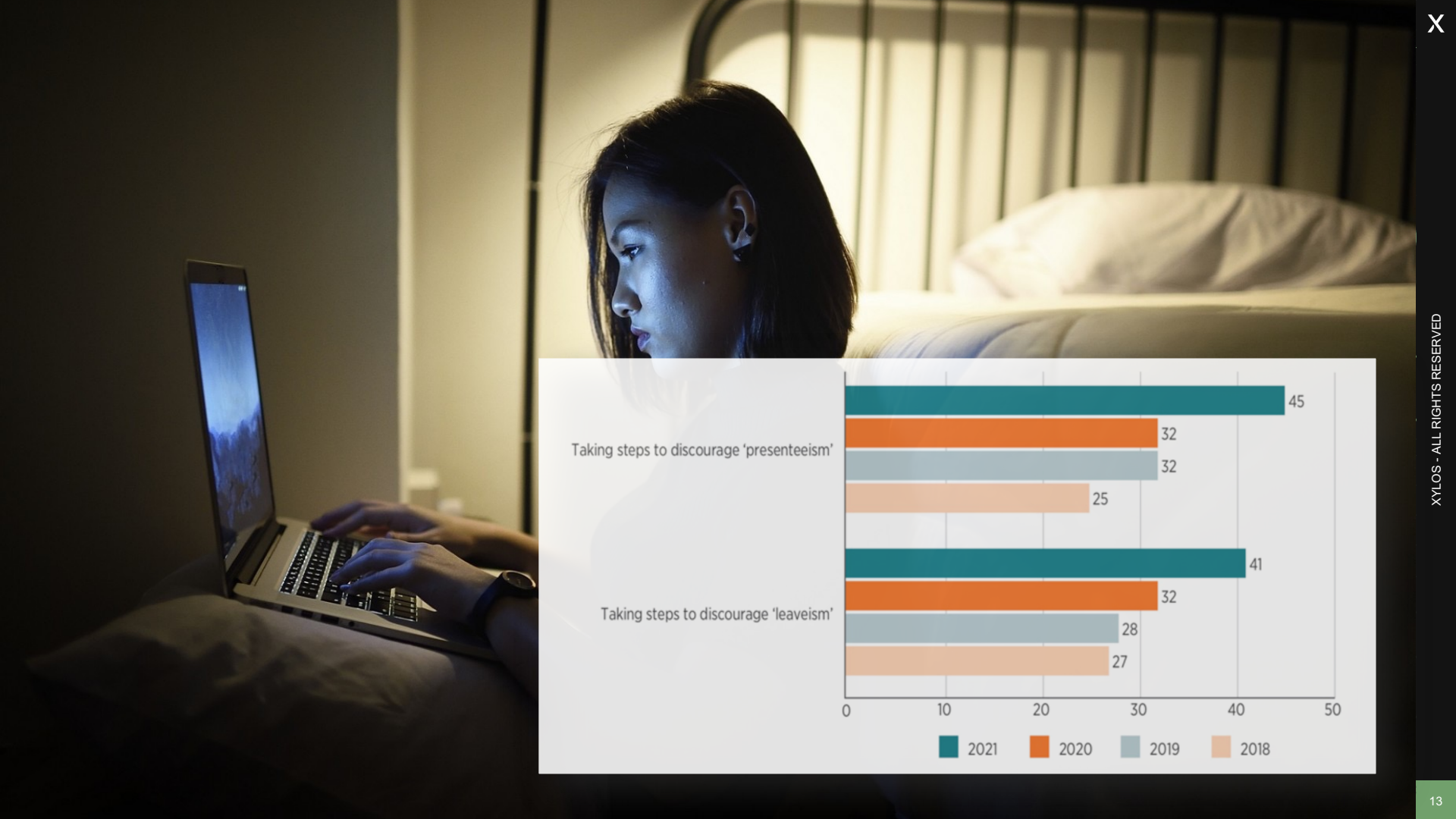
Philippe Nys en Maarten De Bousser

Vandaag om 14:08

**De negatieve impact van overmatig gebruik van smartphones en sociale media wordt almaar duidelijker. Het gebruik bij jonge kinderen beperken blijft evenwel een politiek taboe.**

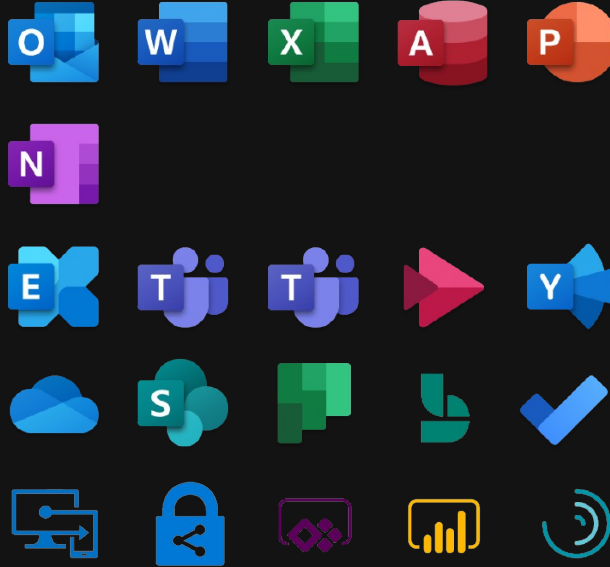
De introductie van de smartphone door Apple dateert nog maar van 2007. Sindsdien is voor het eerst een generatie opgegroeid met een toestel in de broekzak dat de online wereld sneller en directer beschikbaar







# Microsoft 365



E5 • Monthly





1A # 200 → 2015  
JUSTA TO AUCTION

NOV 11-16  
MAY - 21-30  
JUN - 31-45  
JULY - 46-60

PROCESSES → LOT S → PROS → ORTS

PROCESSES → ORTS → PROS → ORTS

PROCESSES → ORTS → PROS → ORTS





# thelightphone.com




The Light Phone II is a premium, minimal phone. It will never have social media, clickbait news, email, an internet browser, or any other anxiety-inducing infinite feed.

It's an experience we call going light.


It's a phone, it calls and texts. There is a customizable menu of simple tools, and a dashboard website to manage everything. There is a headphone jack, bluetooth, and it can be used as a personal hotspot.

#### LIMIT USAGE


 **Downtime**  
Off >


 **App Limits**  
Set time limits for apps >

 **Always Allowed**  
Choose apps to allow at all times >


 **Screen Distance**  
Reduce eye strain >

#### COMMUNICATION

 **Communication Limits**  
Set limits based on contacts >

 **Communication Safety**  
Protect from sensitive content >

#### RESTRICTIONS

 **Content & Privacy Restrictions**  
Block inappropriate content >

 All Apps & Categories

 Social >

 Games >

 Entertainment >

 Creativity >

 Productivity & Finance >

 Education >

 Information & Reading >

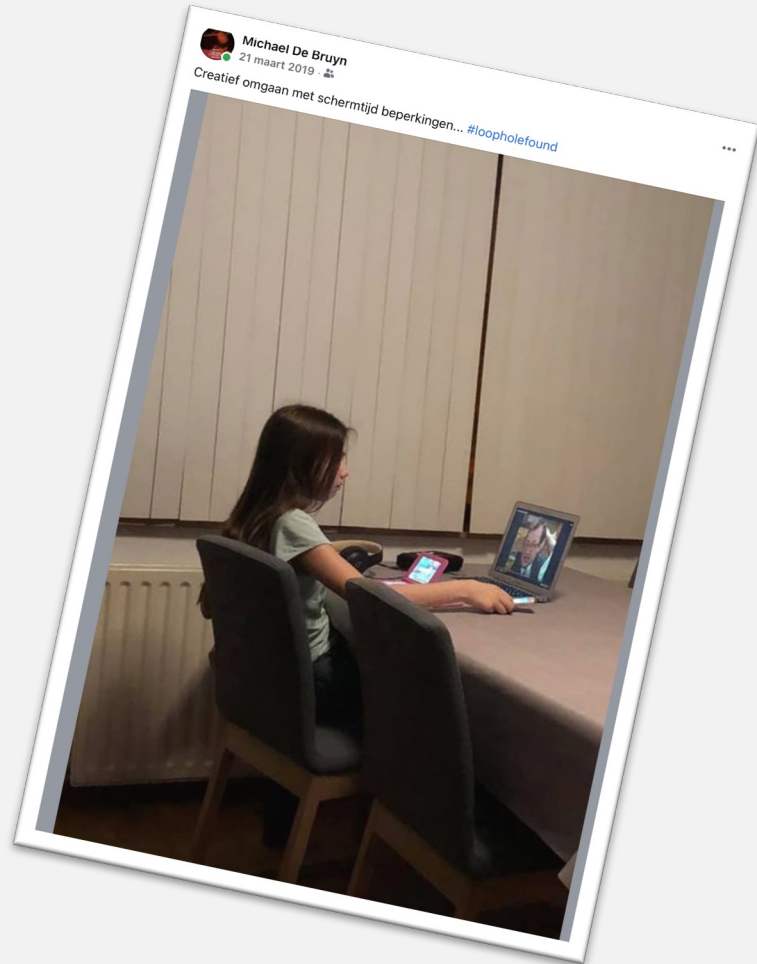
 Health & Fitness >

 Utilities >

 Shopping & Food >

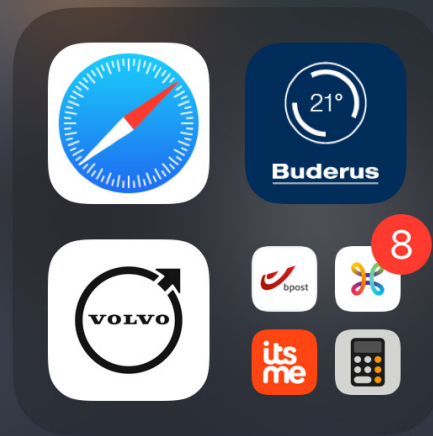
 Travel >

 Other >





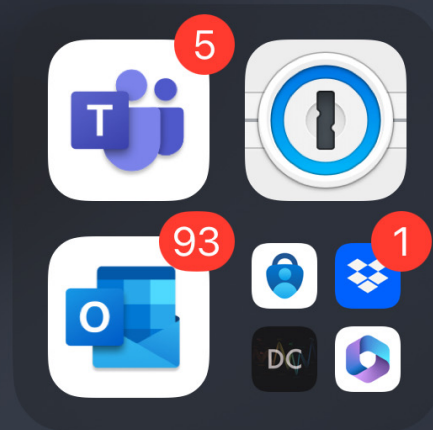
Social



Utilities



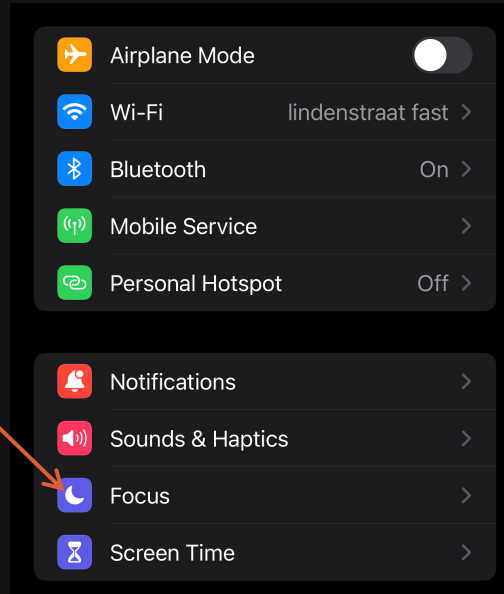
Information & Reading



Productivity & Finance

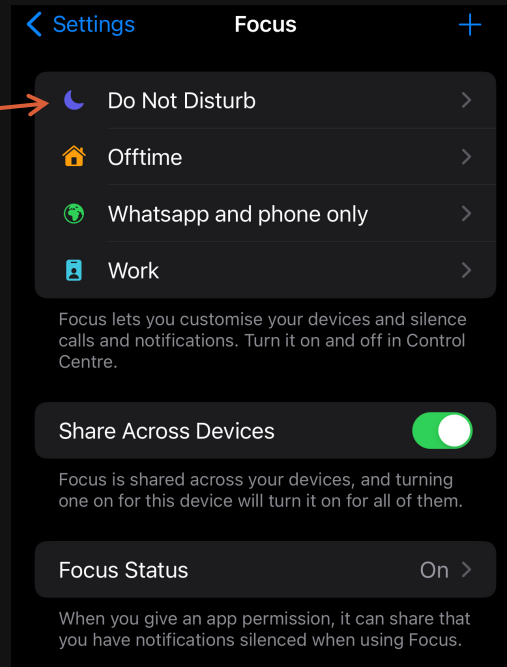
# Detox: Badges

## 1. Settings - focus



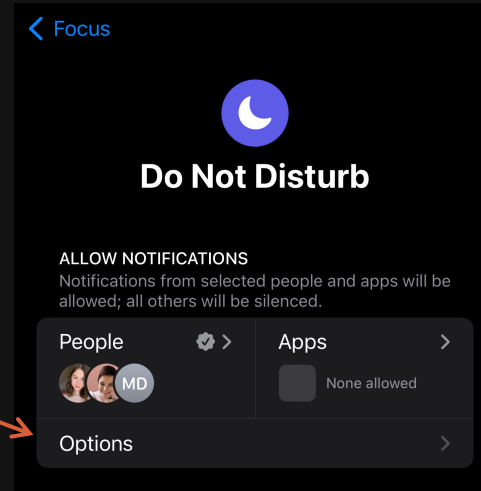
# Detox: Badges

1. Settings – focus
2. Do not disturb



# Detox: Badges

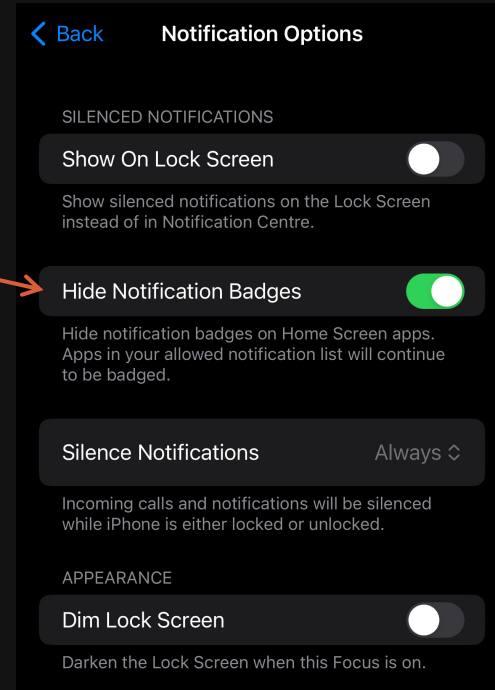
1. Settings – focus
2. Do not disturb
3. Options





# Detox: Badges

1. Settings – focus
2. Do not disturb
3. Options
4. Hide notification badges





Vanuit een  
business  
perspectief





AUTODELEN



AUTODELEN



AUTODELEN



AUTODELEN





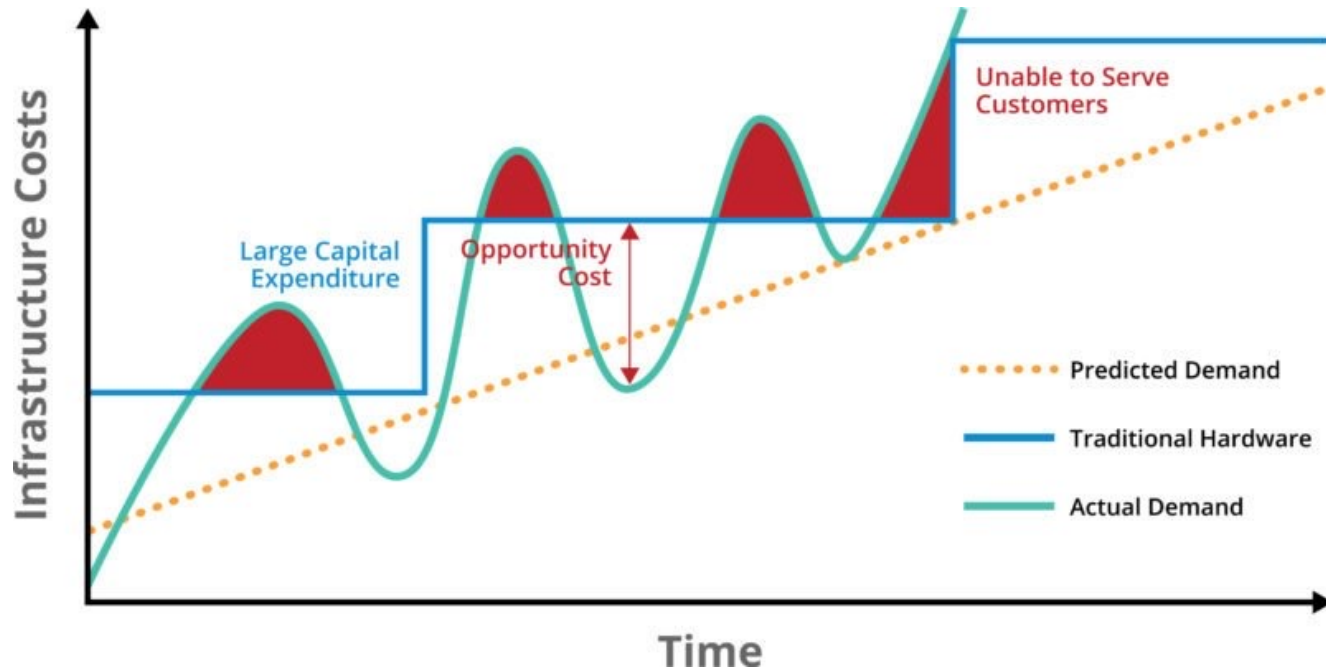




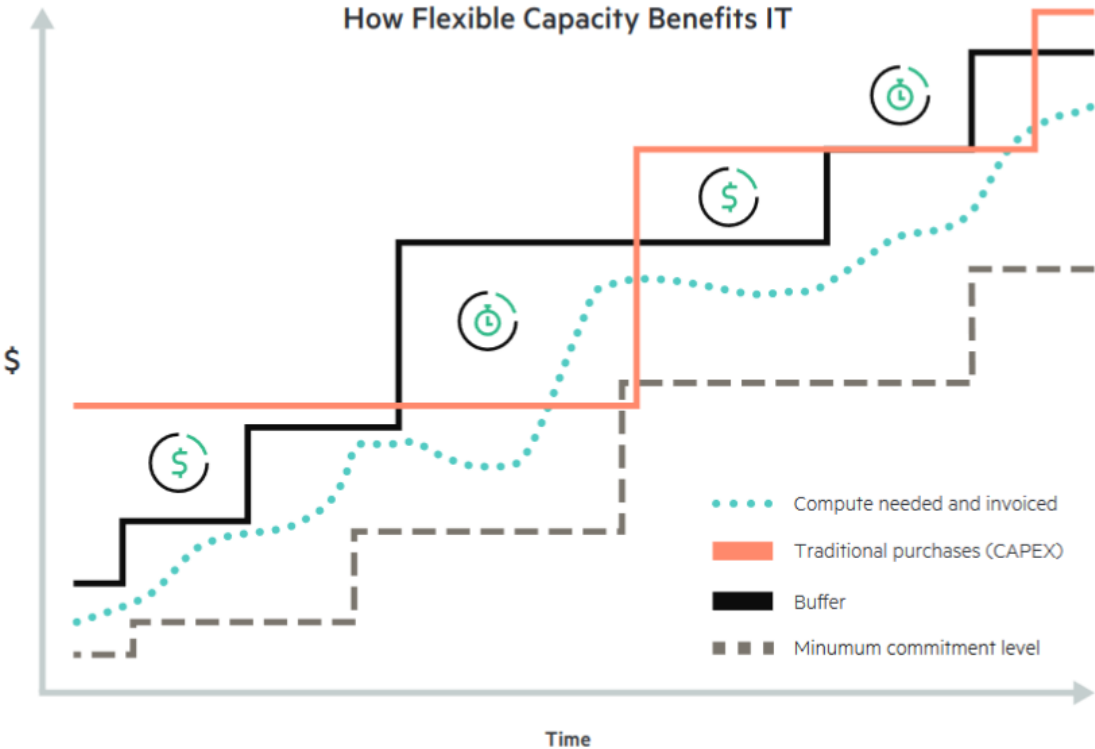





# Hardware



# Hardware: HPE GreenLake





Ons datacenter was end of support,  
end of life na vijf jaar.

# Wrap-up






- De **impact** van digitale overconsumptie op de medewerkers en op de organisatie kan groot zijn, maar is niet altijd zichtbaar
- Geef het goede voorbeeld en “**stick to the plan**”

One more thing...





NO POSTING  
NO LIKING  
JUST LIVING

Thank you

