# e-learning

# Sustainable learning with e-learning

E-learning is an integral part of training for many companies. It offers many advantages, but can also challenge some employees. In this e-learning course, you will learn how to benefit the most from e-learning, how to master the technology and how to use what you have learned in the long term in your everyday work.

**Group of participants:**
For all professionals and managers who want to take their learning with e-learnings to the next level.

Duration: **approx. 1 hour**

Language:

## Learning objectives

✓ Discover and develop your own learning strategy.

✓ Avoid cognitive overload.

✓ Overcome low motivation.

✓ Combine classical with modern learning techniques.

## Contents

What exactly is e-learning?

What are the prerequisites for successful online learning?

How do I confidently handle the necessary technology?

How do I learn effectively and sustainably with e-learning?

How do I avoid distractions?

How can I integrate classical learning techniques?

How can I learn together with others using e-learning?

**Information on the web**
www.haufe-akademie.de/el

**Let us advise you**
Tel. +49 761 595339-10 • digitales-lernen@haufe-akademie.de