

DS 1 Template

Digital skills LCLMn4002 _LON

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My Screenshots/Photos

Screenshot/Photo 1



carolinebeatricedellmen 🐾

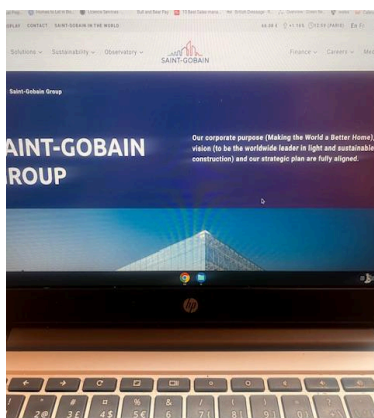
The photo is from my Instagram and shows me and my horse at our most recent show-jumping training session. Instagram is the social media platform I use the most, as it is simple and convenient—functioning more like an album and a logbook.

Screenshot/Photo 2



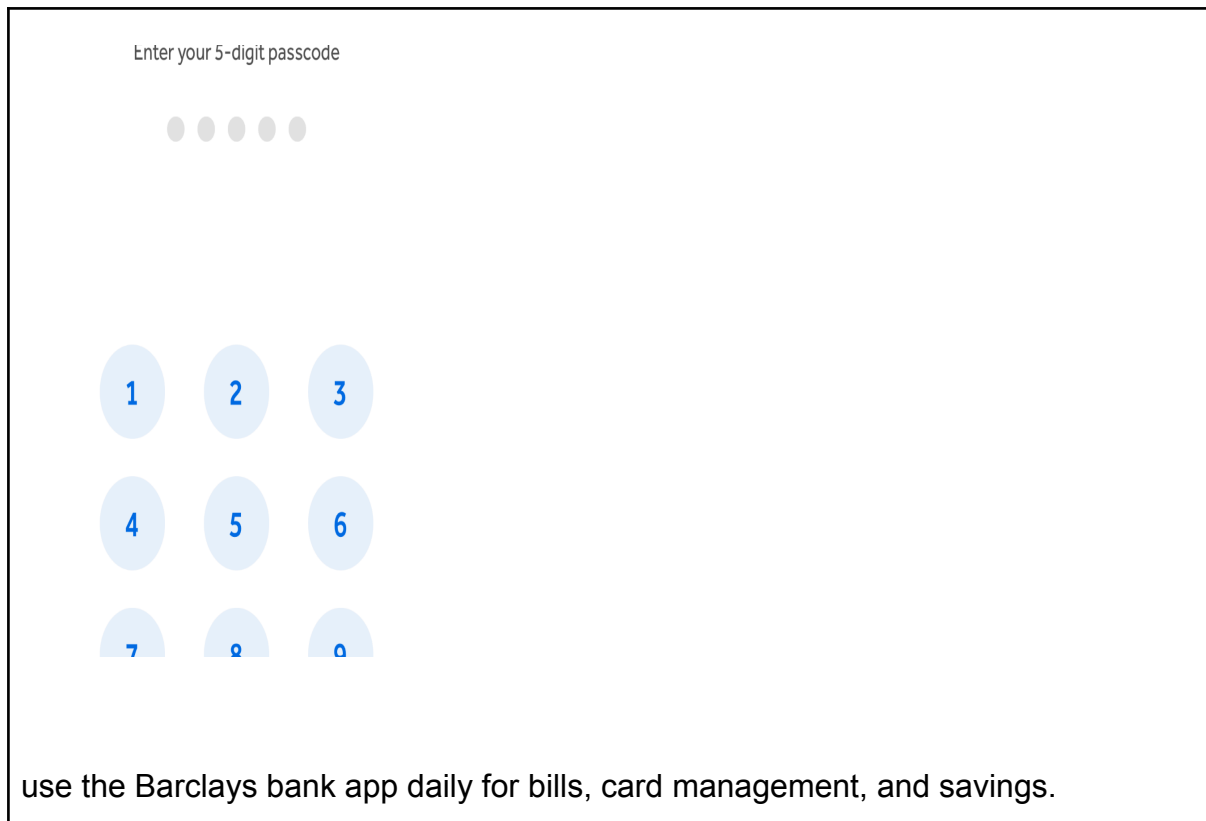
I use the PureGym app daily to gain access to the gym; I also book workouts and follow nutritional advice through it.

Screenshot/Photo 3



The company I work for is part of the Saint-Gobain Group; consequently, I use their intranet and CRM system to perform my job as an HVAC consultant. I use this portal to log customer visits and enter quotes.

Screenshot/Photo 4



My Short Reflection

I use digital tools to manage my daily lifestyle, I'm not a high-tech person very simple with everything, and I guess the generation after me is more inspired with all digital tools. I still think sometimes pen and paper is good to use. I have always feel very confident with different CRM system I have used in my career, for ex Sales force, Movemex , sap. and have always been very good at computer and laptop but working on the same way with your phone as been a challenge for me, and im a little bit worried about it, before in my career we use the phone to text and call and we had the laptop with us, now we get notice 24/7 and we are always online what i can see so far it not always very healthy. I often use different apps like gym access, booking for hotels or trips to book trains, and use my phone wallet for tickets. Otherwise I still use my laptop, the most important thing with my phone is that I can call, text and take pictures /recordings. I feel a little bit nervous about digital take over because when you loosing connection or technical issue, you cant do anything, its make me be very stressful and worry about the future, i think also the more digital we get the unsocial people get and more menthal issue as im believe we should speak face to face without digital product and special people losing confident.

I hope this module will help me gain more experience for digital skills is important to keep my career updated and not be replaced by the younger generation or AI, i believe we still need people with experience but a nice balanced combination of digital skills i believe it will be a perfect match.

Submission Checklist

Before you submit, please check:

- X☐ I added 4–6 screenshots
- X☐ I wrote short sentences for each screenshot
- X☐ I wrote my short reflection
- X☐ My work is my own
- X☐ My file opens correctly
- X☐ My file opens correctly