

FEELING CALM CONNECTED AND ACCOMPLISHED HYBRID WORKING

1/2 DAY PROGRAM

OVERVIEW

Hybrid working can seem like a dream come true however it has its challenges. This session explores our psychological response to splitting our working life into home and office.

We acknowledge the things we miss most about coming into a workplace, and uncover ways to maintain motivation and connection to our work and colleagues while being physically distant.

We explore how to manage both internal and external distractions so we can feel less frustration and more accomplishment at the end of our working day.


OBJECTIVES

- Recreate the habits and rituals that prime us into our work 'state'
- Manage feelings of disconnection and devise ways to strengthen relationships
- Manage internal and external distractions
- Enhance skills to separate work and home
- Use technology apps to help us focus

TO BOOK THIS PROGRAM OR DESIGN YOUR OWN...

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