

Working Well From Home

Living without a clear boundary between work and home can be heaven for some and hell for others. Learning how to work from home in a high-performing, productive way is vital for our own sense of achievement, success, and well-being, but also for the on-going growth of the whole company. There are some very simple, yet over-looked ways of enabling people to discover better ways of working from home.

This training is inter-active, engaging and thought-provoking. Consisting of 6 half-day sessions (or 3 full-day sessions) and designed specifically to provide the understanding, awareness and confidence to enhance well-being within the workplace.

Duration – 6hrs (2 x half-day sessions or 1 full-day session)

Delivery – Over Zoom (or in-person if logistics allow)

Content

Session 1 – The Challenge of Home and Work

Session 2 – Effective Home Working

The Sessions

Session 1- The Challenge of Home and Work

Understanding the challenges you face in working from home and how you can learn to conquer these issues. Learning to make home working a smooth and successful process.

By the end of this session you will...

- *Learn how to find greater balance and flow between work and home.*
- *Understand the importance of transition*
- *Recognise the importance of opening and closing ceremonies*

Session 2 – Effective Home Working

Effective home working requires a shift in mindset and culture, and we have to learn to put the boundaries, discipline and habits we need in place.

By the end of this session you will...

- *Identify your own barriers to successful home working.*

- *Understand how to improve your home-working culture.*
- *Learn how to take ownership of your home-working.*