



Working Well from Home **Webinar Series**

How to change up your work environment and become **happy, healthy and thriving**



DR. JENNY
BROCKIS

CREATING THRIVING TEAMS AND LEADERS

WORKING WELL FROM HOME

While working from home has been a growing phenomenon increasing by 159% between 2005 and 2017, the advent of the COVID-19 pandemic has resulted in the need for employees to adapt quickly and effectively to a change in their working environment.

Done well, working from home can be efficient and of benefit to everyone but a number of challenges need to be addressed to make this happen.

INTRODUCTORY WEBINAR

Working from home can seem fun and different but changing up the work environment on a larger scale, with little time for preparation, can have some drawbacks.

In this session, we will address:

1. The elephant in the room – why this is happening and the impact it's having on our thinking, behaviours and emotional state.
2. Identifying the common major challenges to working from home and those for your particular industry. Including:
 - Isolation and loneliness
 - Time management
 - Miscommunication
3. Creating a plan that incorporates getting the environment right, ensuring the appropriate resources are available and security considerations.
4. Establishing agreed protocols to boost productivity and efficiency while avoiding procrastination, distraction or overwork.
5. Key essentials to your physical and mental wellbeing.



Working Well from Home Webinar Series

Available as stand-alone sessions or as a series of three

Are you working from home?

Will you be needing to adapt quickly and effectively to a new work environment?

What if you could do so more productively, efficiently and in a way that's safer and healthier for everyone?

WEBINAR ONE

Preparation Before Action

- ✓ Learn how to look after your working environment
- ✓ Understand when to stop and avoid overwork
- ✓ Get to know what works to maintain focus and productivity
- ✓ Discover strategies to alleviate stress, boost mood and encourage ongoing contribution and collaboration

WEBINAR TWO

On Track, On Time and Doing the Best You Can

- ✓ Find out what drives our motivation to work and how to keep that flame alive
- ✓ Tackle the underlying stress effect of COVID-19 on thinking and behaviour
- ✓ Recognise the role of gratitude, contribution and looking out for each other
- ✓ Cultivate a culture of responsibility, accountability and looking out for each other

WEBINAR THREE

Positively Well and Thriving

- ✓ Learn positive support strategies for working from home
- ✓ Create an action plan for dealing with anxiety or depression
- ✓ Discover ways to check-in with yourself and others
- ✓ Find out how to avoid loneliness, boredom and maintain the team spirit

If one or all of these webinars would be of benefit for you or your team, let's set up a time to chat.

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