

Mastering Remote Work - Workshop Webinar

Beyond Ergonomics and Technology to Relationships, Family and Self Care

Who does this help?

- Individuals or teams who have started working from home for the first time, or are seeking new habits to make sustainable what has been irregular previously
- Teams trying to find new ways of working productively together in the 'new normal'
- Individuals finding themselves more distracted, less motivated, more disconnected or with less energy than usual after a period of working more autonomously
- Leaders supporting employees with new and practical mental strategies to work better
- Individuals keen to develop strategies to understand and master the impacts of mindset on motivation, engagement, performance and wellbeing
- Those seeking to find ways to build connection to their teams, role, community and purpose in an increasingly isolated work paradigm

How does it work?

This 1-Hour session leverages the knowledge and experience of T&G Psychologists. This online, facilitated and discussion-oriented workshop addresses the key factors necessary to build sustainable, positive and productive habits and routines to work from home effectively. This is appropriate for teams, leaders and individual. The course reveals the impact of mindset on general wellbeing and productivity and assists participants to maintain an adaptive, resilient frame of thinking. Advantages of this program include:

- Addressing the human rather than operational or technology challenges associated with remote working, disconnected teams and self-care demands created by a global pandemic
- Explore frameworks, models and neuroscience principles to understand why people are reacting as they are and how to get or stay on track
- Examination of routines, rewards, and what is lost and gained to different people when operating away from what is 'normal'
- Exploration and reflection on shared and differing personal experiences

Outcomes:

- Participants improve their routines and transitions to mark the start and end of a workday
- Enhanced communication strategies to maintain connection
- Targeted work rhythms to minimise distraction and maximise productivity
- Strategies to manage internal 'chatter' that can derail focus when isolated from others
- Mindset tips to navigate uncertainty and rapid imposed change
- Ways to create clarity and optimise positive, resilient thinking
- Ability to stay connected with 'what's important'
- Develop hope and reframe negative thought patterns (e.g. shifting thinking from "I'm stuck at home" to "I'm safe at home")
- Managing energy and productivity

Investment:

- 1-Hour Webinar/Workshop - \$200+GST per person (group numbers 2 – 8 people)
- Session can be recorded for future review

Note: During April, May and June 2020 this service attracts a 20% discount