

TRANSITIONS



Make Working at Home More Productive

the CHALLENGE:

Working from home has become a new norm, but no one has really helped us figure out how to make the best of it.

What is required are new conscious shifts, or TRANSITIONS, that we got through commuting, going to our work space, and switching between work and home focus. Now how do we do all of that from home?

the GOOD NEWS:

It's not difficult to establish home TRANSITIONS once you are aware of the value they bring!

We will be addressing how to establish these powerful transitions:

- "Getting to work and back" (replacing our commutes)
- Establishing a specific space that is your "office"
- The transition to work mode, and back to family/home mode
- Personal well-being every hour
- Making the best use of communal space when you transition to be "at work"
- Including Family Time as part of your day
- Prevent online fatigue by weaving in transitions
- Establishing your power hours for your greatest productivity

Engaging 90-minute virtual workshop

FORMAT: 5-25 people

Ask me about leadership training, team building and customized workshops!

ONE-on-ONE TRAINING

One-on-one coaching delivers individual learning and personalizes the specific tools a leader or teammate would require to go from good to great in their virtual presentations.

Make working at home more effective, fulfilling and productive.