



Setting up a home workspace

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorial.

Details: As remote working becomes the new norm, it is essential that employees are equipped with tools to enable optimum performance.

Working from home can have its challenges.

Multiple distractions, plus the lack of supervision (for some) can negatively impact productivity levels. A dedicated workspace, plus a routine (known to family/room mates) allows the mind to switch on to 'work mode'.

This seminar takes into consideration, mental space as well as physical space. We will look at ergonomic essentials, productivity hacks, routines and lifestyle habits for successful home working, and share tips on creating a designated work area at home for maximum productivity.

Content includes:

- Bringing dull corners to life
- Setting productive daily routines
- Handy Tech
- Essential Ergonomics
- Desk Exercises

Connect with WORKBLIS to discuss requirements - hi@workblis.com