

Habits for a healthy work pace

PROGRAMME OUTLINE:

Since Covid-19 and lockdown, many of us have been working from home and doing our best to navigate multiple demands with fewer boundaries. Some will have been participating in back-to-back Zoom meetings, some juggling home-schooling and childcare or looking after vulnerable relatives, most of us either struggling to get motivated or struggling to switch off.

The key to successful working from home lies in small, regular habits. This interactive programme helps you:

- *Recognise and understand how you feel about working from home*
- *Establish good boundaries to create structure*
- *Set a pace that matches your physiology*
- *Create daily habits to balance competing demands*
- *Use the science of habits to make them stick*

Highly personal and practical, the programme will guide you through a simple process, making it easy to create habits for your healthy work pace, whatever your context.

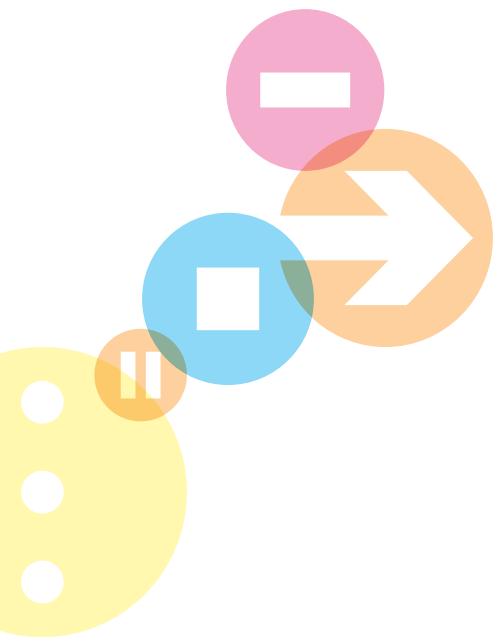
PROGRAMME FORMAT & DURATION:

120 minutes

Run as a virtual session so participants can join from anywhere

GROUP SIZE:

For groups of up to six participants



**For more information, send an email to
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