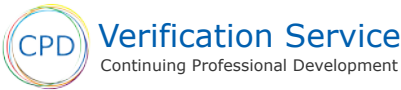


# TEAMWORKING AND WELLBEING AT HOME



## OVERVIEW

Working from home or hybrid working practices have become commonplace and this has thrown up new challenges for those more used to working in an office environment. Although many teams are now scattered geographically and physical interaction is reduced, they still need to be able to perform as a team. Key to this is the ability to work together when apart and remaining productive. Meetings have also changed and there are new rules that need to be followed to ensure these are as productive as they can be.

This new way of working can also throw up challenges from a personal wellbeing perspective where isolation and new ways of working can create new stresses and strains. It's never been more important to take care of ourselves and those we work with. This course sets out to provide learners with all the skills and knowledge they need to work effectively in the home environment. Ensuring they have everything they need to achieve work productivity and good personal health while at home.

## OBJECTIVES

- Develop an awareness of how to effectively work with colleagues when you are not consistently in the same office environment
- Understand how to make online meetings successful
- Appreciate the importance of personal wellbeing when working at home



### DURATION

50 minutes. Including interactions and videos.



### AUDIENCE

This course is suitable for anyone that works from home whether it's occasionally or on a permanent basis.



### CERTIFICATION

Upon completion of the course the learner will receive a CPD certificate.

