



How to manage yourself and work at home...

VIRTUAL WORKSHOP

Working from home can be isolating and seem unstructured and loose. Establishing rhythms, rituals and routines in your remote-working setting is a crucial step towards meeting your targets and achieving your objectives, while still remaining healthy and well.

The Winsborough team can help you to be the best “you” that you can be ‘at work’. With more than 20 years’ experience in the industrial-organisational psychology industry our team have both practical experience and scientific theory to support you in managing yourself and your work at home.

TIPS & TOOLS

- Stay connected
- Focus on what you can control; re-set expectations and goals
- Rituals and routines
- To do lists with priorities
- Exercise and good sleep routines
- What gives you joy? Make time for that!

“Super-helpful session with lots of tips for us. Thank you so much!”

- Participant



Sustaining yourself, work and family life

If you're interested in investing in Winsborough's **How to manage yourself and work at home** virtual workshop (one-hour) for you or your people please contact your Winsborough Account Manager, call 0800 222 061 or email support@winsborough.co.nz to REGISTER NOW.