## **Help Employees Who Work Remotely Stay Healthy, and Productive**



Working remotely may not be a dream come true

## What Everyone Should Know About **Working Remotely**

- Avoiding distractions
- Overcoming special stressors
- Set boundaries (and how)
- Structuring your day
- Communicate with coworkers
- Fighting isolation
- Best practices and biggest mistakes
- Overcoming the struggles
- Using the EAP

Northageen

Formats A, B, C

are digital downloads-

ready to use!

("DVD player disc"

mailed USPS.

Here's practical advice to help employees working remotely improve productivity, deal with telecommuting shortcomings, and

enjoy their jobs more. Employees learn about avoiding distractions so they stay focused and don't get behind. And they learn to set boundaries with phrases like, "I'm working right now, can talk about this later", creating checklists, starting the day with the most difficult task, communicating with coworkers, avoiding isolation, using best practices DFA Publishing & Consulting LLC WorkExcel com discovered by others, and Pleasant. SC 29465-2006 using the EAP if the going gets tough. -800-626-4327

isher@workexcel.com This editable and brandable program (PowerPoint presentation, DVD, video, or self-contained web course) educates employees/ supervisors about the content presented. This is a no-fluff program. It is fast moving, practical, and memorable. All formats include a reproducible, editable handout, and test questions to engage learners. Choose any format. Get two media formats and take 50% off the lower-priced format.

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What Everyone Should Know About Working Remotely M241A Web Course\* ..... \$597 M241B PowerPoint (Editable with Sound) ...... \$397 M241C Web Movie/Video ......\$397 M241D DVD for Standard/Computer Player...... \$397 Running time: (A-25 min.) (B,C,D-10 min.)

\*Web courses upload/operate on your Web site

"All the things that seem like a tick in the 'plus' column for working at home can quickly become a 'minus."