

The Mind on WFH



*Successfully working from home is a skill.
Just like programming, designing or writing. It
takes time and commitment to develop that skill. -
Alex Turnbull*

The shift from going to office to now working from home for nearly a year has come with its benefits and challenges. Research shows that working on improving factors within our sphere of control can actually make WFH less stressful while empowering us to enjoy its benefits unreservedly.

While work is a definite priority, engaging in meaningful yet efficient work needs proper planning and coordination. Lets discuss tips and tricks to keep your sanity during the extended WFH.

- ❖ Understanding the nuances of WFH
- ❖ Creativity in problem solving and boundary setting
- ❖ The concept of prioritising: Activity
- ❖ Finding humour and fun in situations
- ❖ Finding ways to cope with new challenges

Format: Online/ Offline

Participants: Not more than 50

Duration: 1.5/3/6 hours

Requirements: Participants should have

- Videos On
- Audio on Mute

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