Working Effectively Remotely

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Agenda

Features of remote working

Pros, cons and risks

Personal health, safety and wellbeing strategy

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I expect remote working to remain a feature of my life in the future.
(1 star - never work remotely, 7 stars - fully remote)

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Remote working

Technology Dependent

Location Independent

Benefits of remote working

Flexibility

Quality of life

Productivity

Challenges of remote working

Isolation

Impact on home life

Ergonomics

Primary risks

Employee:

- Physical health and safety

- Mental health and wellbeing

Organisation:

- Effective people management

- Information security

Physical Health & Safety

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Home ergonomics

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My home office now

Mental Health and Wellbeing

1. Keep your batteries charged

"Would you like to come to my party? – *everyone* will be there!"

Immediately:	After 2 hours at the party:	At the planned finish time:	2 hours after the planned finish time:
Oh no, a big party! How can I avoid going??!!	Woa, I'm tired now, time to go home!	Great party, I loved it, thanks for the invite – see you at work.	What? It's time to go home? But this is so much fun! Lets do it again tomorrow!

What gives you energy?

Extrovert:

- Gains energy by being with people.
- Loses energy when isolated or alone.

Introvert:

- Gains energy by being alone.
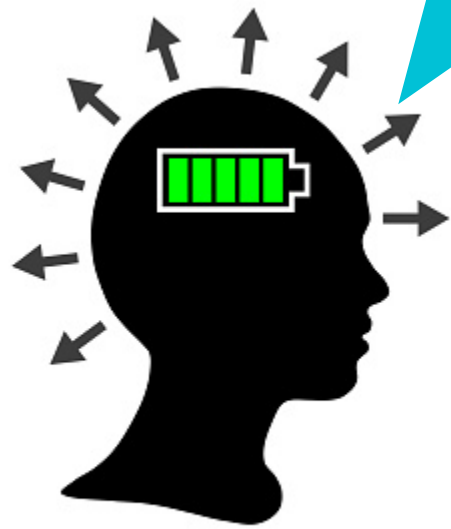- Loses energy in social situations

(*This is not to do with shyness or the desire for friendship.*)

2. Set and maintain your boundaries

3. Work out what works

4. Positive Self Care

Follow normal patterns of daily life

Healthy food and drink

Use time management techniques

Speak up about problems and concerns

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While we have Q&A, what's your top tip for effective remote working?

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