

"Parents are a child's first and most important teacher"

WORKING REMOTELY SUCCESSFULLY

The pandemic has opened up opportunities for society to redefine what the working space can look like. So many of us had to find a way to engage with work from home and we adapted to this need. It would have been helpful to have a manual to know how to do this. Many people find that working from home for part or all of their working week provides for a better home-life balance. Others have struggled keeping home and work separate. This session takes the lessons we have learned from reacting to the past year and applies them in a way that takes mindful action for success. Remote working is not going away. Let's write the book on how to do this well.

SESSION OUTLINE

- Setting Up Your Home Working Environment
- Making and Holding to Firm Boundaries for Yourself and Others
- Making Hybrid Working Work for Everyone
- Coping with Loneliness and Isolation
- Staying Engaged and Motivated Whilst Working
- Staying Connected to Your Team
- Celebrating Success

SESSION INCLUDES

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the seminar
- Opportunity to ask questions & signposting for future support

Gwendolyn Jones (Speaker)

Gwen is finishing her MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained individual therapist, relationship therapist and coach who works with people all over the world to reduce anxiety and have happier, healthier lives. Gwen initially studied Psychology at the University of Utah, then trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life. She and her family have been active in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.