

E-learning: Working from Home

Synopsis

Our training takes you through 5 top tips to make the most out of working from home.

The course allows you to reflect on your set-up and suggests changes you can make to help you maintain good physical and mental health while working remotely.

Duration

15 minutes

Format

E-learning

Delegates

Anyone working remotely

Outcomes

As a result of completing this course you will know:

- how to create an effective workspace
- how to sit at your desk correctly
- the number of breaks you should be taking
- what to do to maximise the benefits of your breaks
- how to set yourself a routine to avoid mental fatigue
- how to communicate successfully with your team while working remotely

Content

1. Creating an effective workspace
2. Seating and posture
3. Taking breaks
4. Setting a routine
5. Communicating with your work team