

KNOWLEDGE LABS



WEBINAR

OPPORTUNITIES TO
THRIVE AND GROW
WHEN WORKING
FROM HOME

DeGroote
SCHOOL OF BUSINESS
EDUCATION WITH PURPOSE

McMaster
University

REFERENCES

- **IWG (International Workplace Group) Global Workplace Survey 2019**
- **Global Workplace Analytics**
- **“Does Working From Home Work? Evidence from a Chinese Experiment”**
Nicholas Bloom, James Liang, John Roberts, Zhichun Jenny Ying , Quarterly Journal of Economics
- **“For American Workers, Time Really is Money.”** MIT Sloan School of Management
- **“How COVID-19 is transforming remote work,”** Telus Health

SELF-CARE IDEAS

- **Establish a morning routine, especially making your bed** (*Admiral William McRaven*)
- **Compartmentalize your activities, separating work from leisure**
- **Take detachment breaks** (*every 90-120 minutes*)
- **Exercise** (*walk, run, weights, yoga, Pilates, etc.*)
- **Walk in nature with trees**
- **Practice Mindfulness** (*Headspace, etc.*)
- **Develop Resilience and Agility skills**