

Making work from home work for you: practical strategies for productivity and performance

Objective of this series of webinars:

“To understand the specific challenge for apprentices, and how to best support them to continue to thrive”

How to make work from home work for you

	Manage expectations		Proper lunch breaks
	Define a work space		Posture and stretches
	Establish a routine		Develop daily goals
	Plan in regular breaks with physical movement		Regular connection
	Reduce caffeine and increase hydration		Plan exercise and food

Upcoming webinar series:



1. Mindset & Resilience - Thursday 2nd April, 12:00

How to cultivate a positive, growth-oriented mindset and learn how grow through tough times

2. Stress Management - Tuesday 7th April, 12:00

Practical strategies for recognising stress and overwhelm in ourselves and others, and how to effectively manage it

3. Physical Wellbeing - Thursday 9th April, 12:00

Simple advice to share with your apprentices for how to take care of themselves physically

For more information about how we can support your apprentices directly through our series of online training programs and webinars, please contact mike@genhealthyminds.co.uk