

— Virtual Working

Working from home has become mainstream in 2020. Teams who used to previously bump into each other all the time are now having to find whole new ways of working. As virtual working looks set to stay for so many of us, attend this interactive 60-minute session to:

- * Identify the key differences we have experienced working virtually
- * Heighten our awareness of how working virtually has impacted us in real terms – mentally, physically and in how we work in our roles professionally
- * Predict how much of virtual working will remain when COVID restrictions ease, and consider these implications
- * Make commitments regarding how we want to work moving forward in areas of our lives we can control

We will make use of Mentimeter in the session which is accessible on your phone or other device. Time will be spent in the larger group as well as breakout groups.



Session overview

1. Introduction to all (large group)

- How do you find working in a virtual world?
- What's different?
- What will remain?

2. Decisions to take control (large group)

- Circles of control & influence
- The dynamics of virtual working

3. The dynamics of virtual working (small groups)

- Motivation, trust, staying connected, teams

4. Making a personal commitment (large group)

- Identifying 1 positive action / commitment

5. Close and summary points to take away (large group)