

Remote working or under house arrest ?

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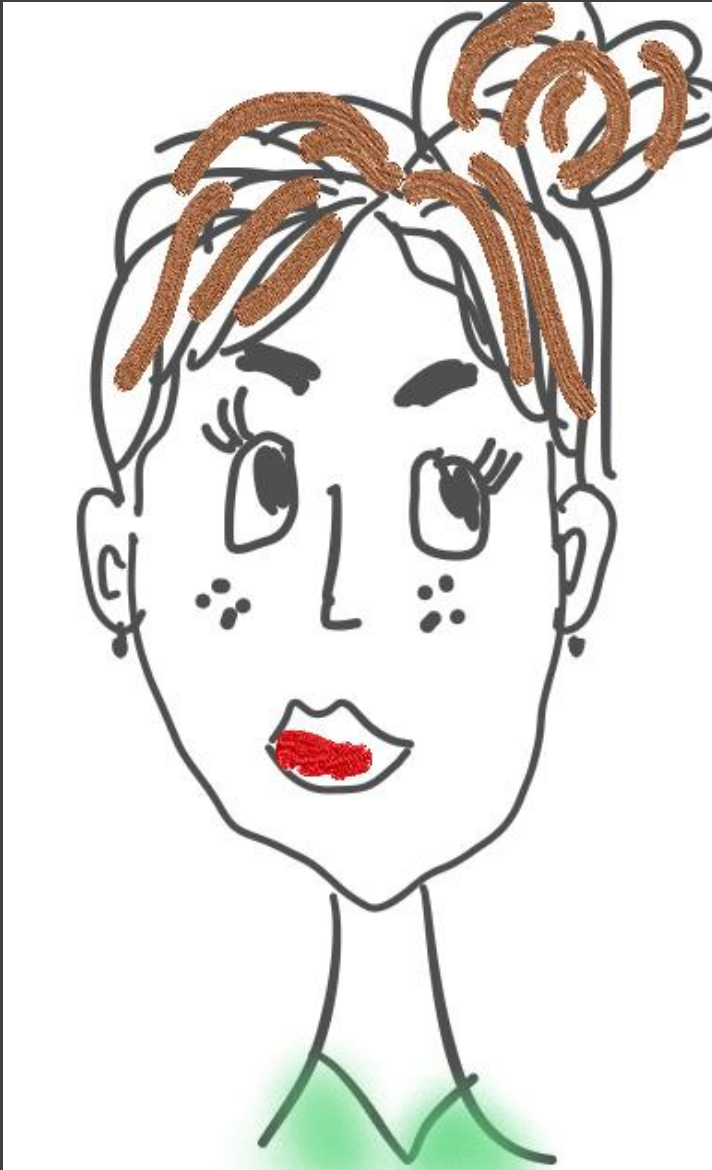
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Let's identify the differences between remote working and "house arrest"

A few tools and technics to reduce mental overload during remote working

Leadership and management postures even more adapted and required to remote working

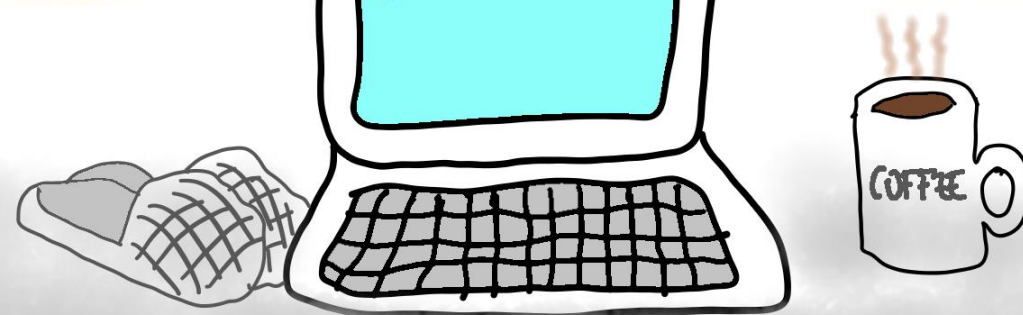
Remote working

COWORKING



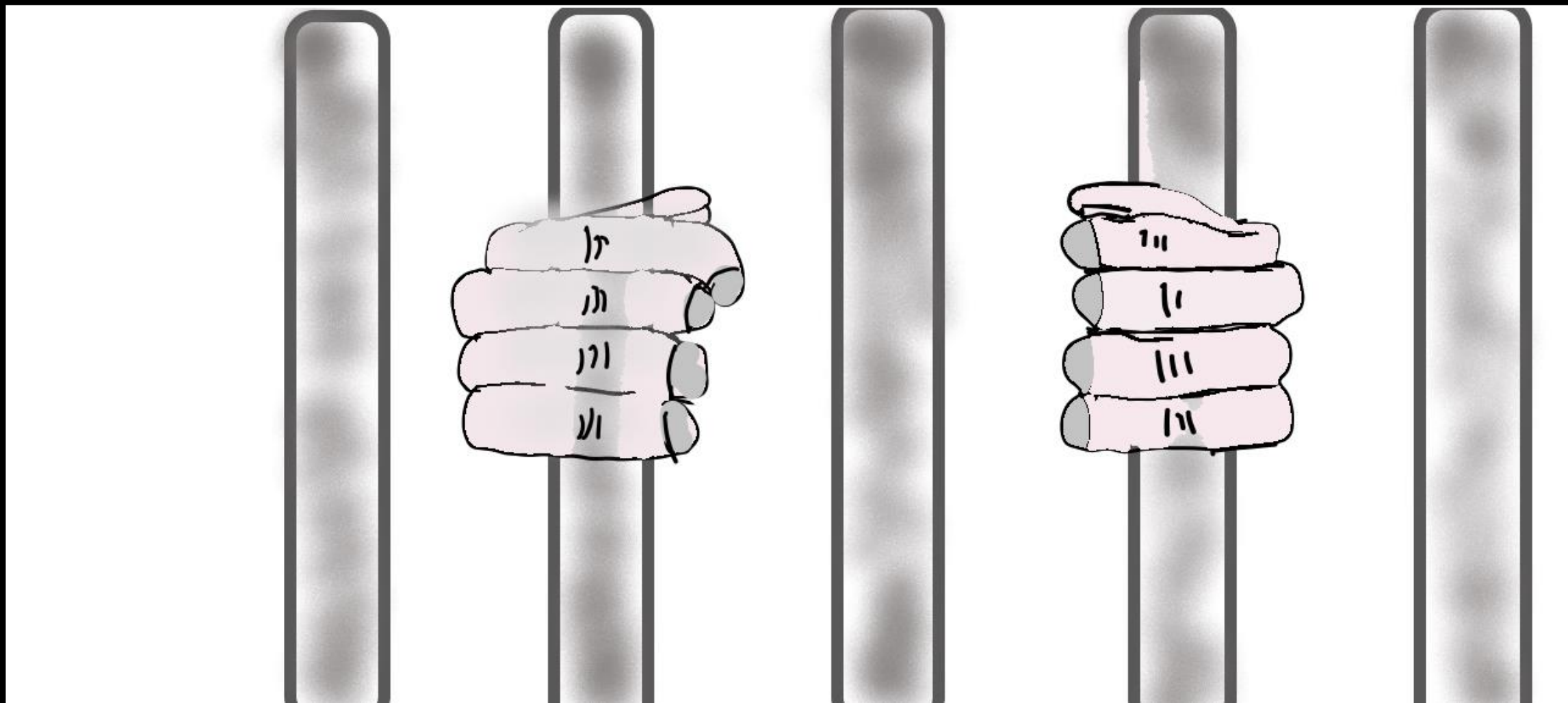
HOME

WORKING





A holiday ?



Under House Arrest ?

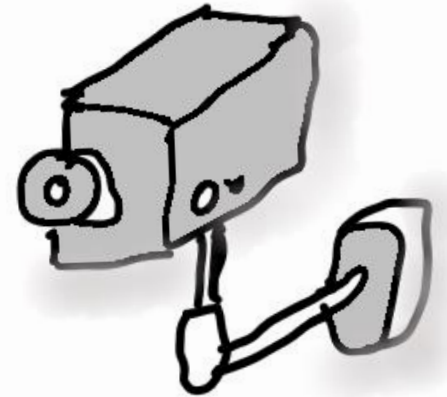
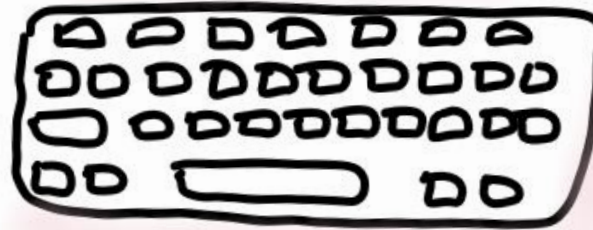
Big Brother is in the place ...

ISOLATED



VOYEUR

KEYBOARD
RECORDER

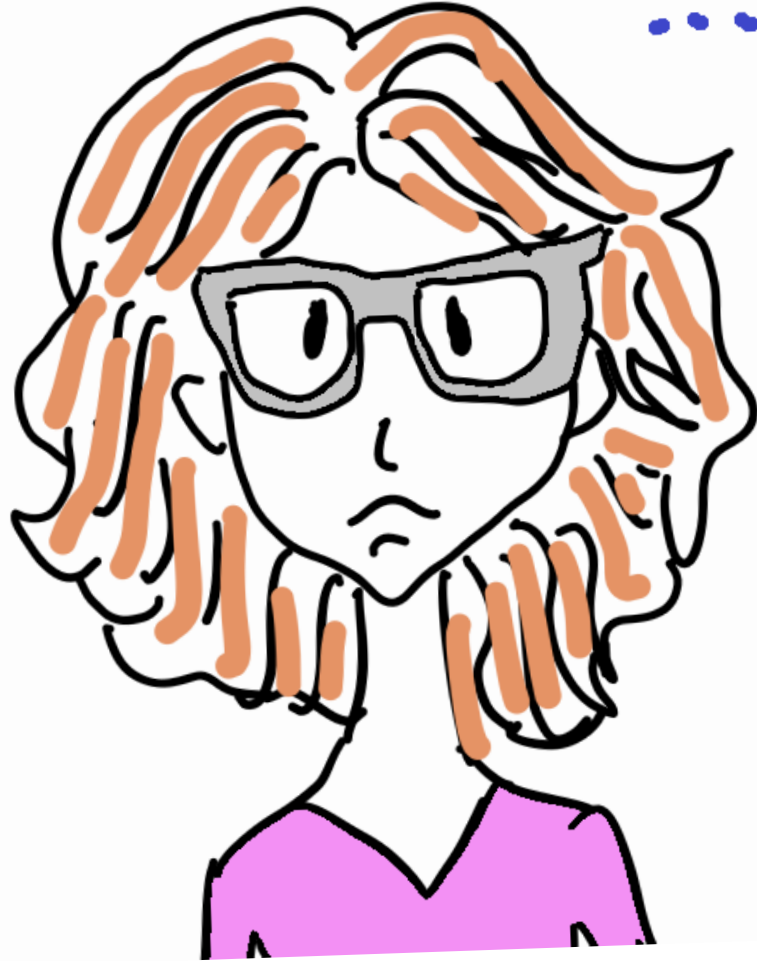


VIDEO
SURVEILLANCE



TIME
BADGER

Over controlling boss



... MORNING

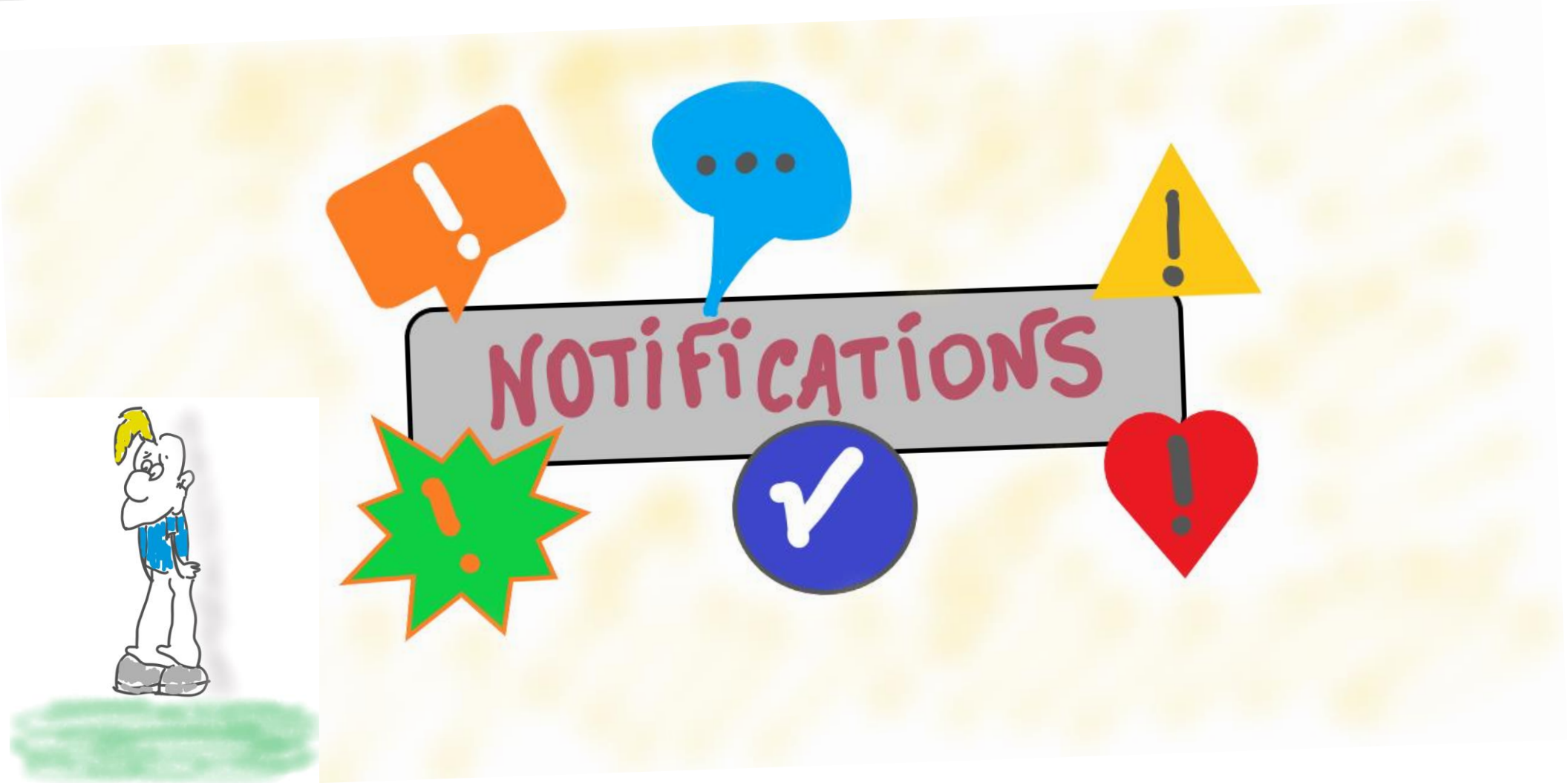
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY

EVENING ...

Multiple jobs ...

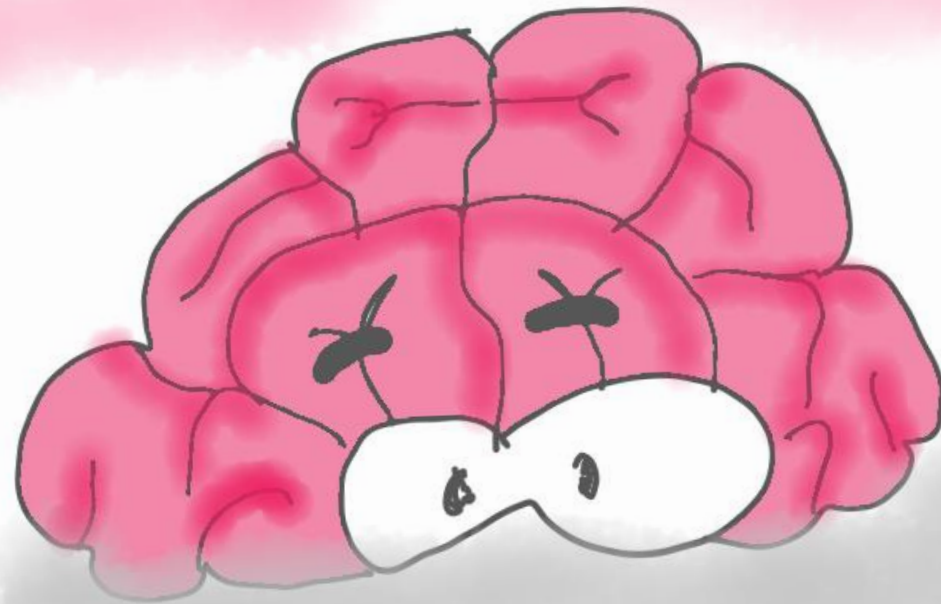


Technostress



Leads to ...

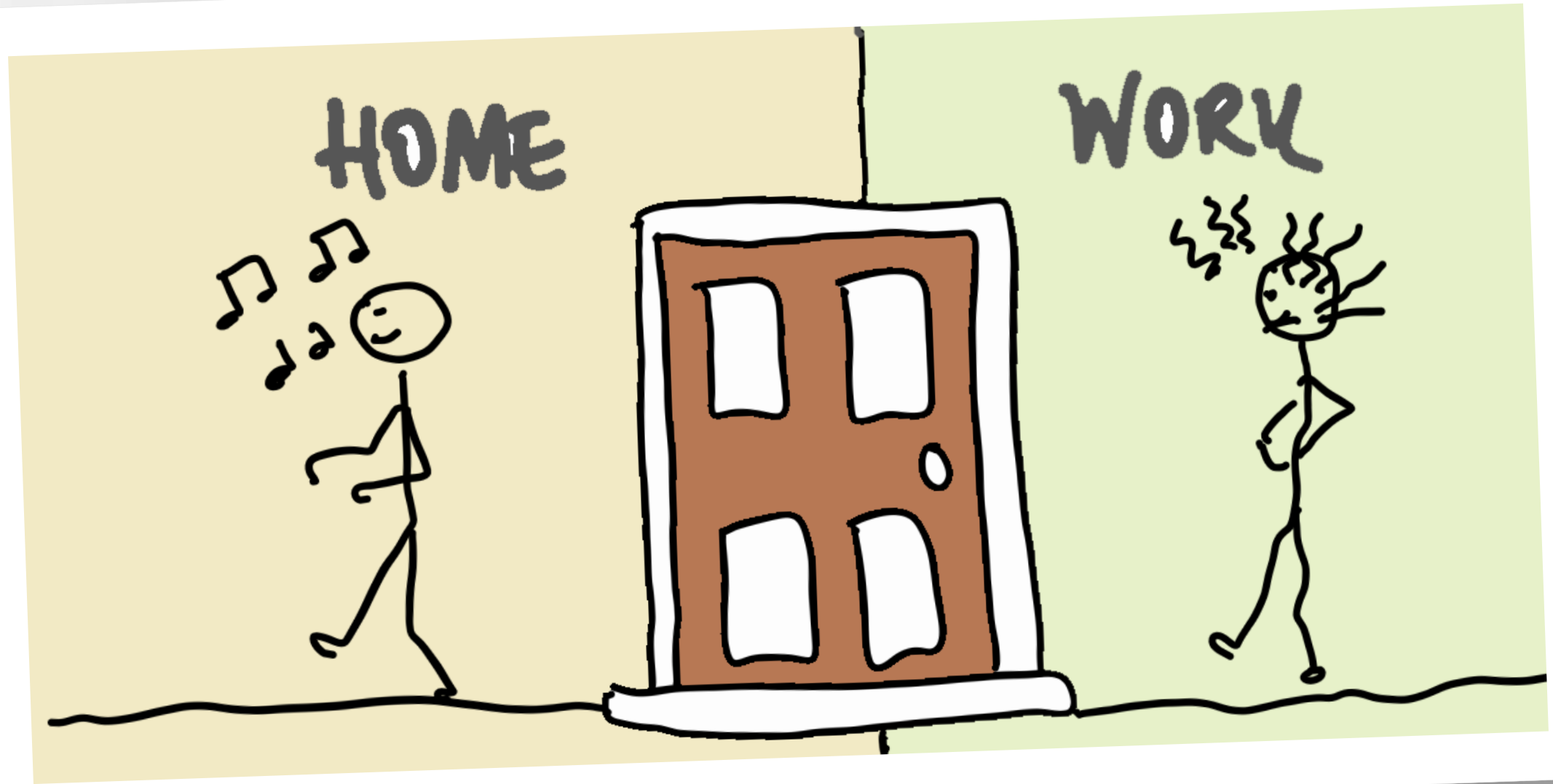
MENTAL OVERLOAD





A few individual tips and tools

At the end of your working day



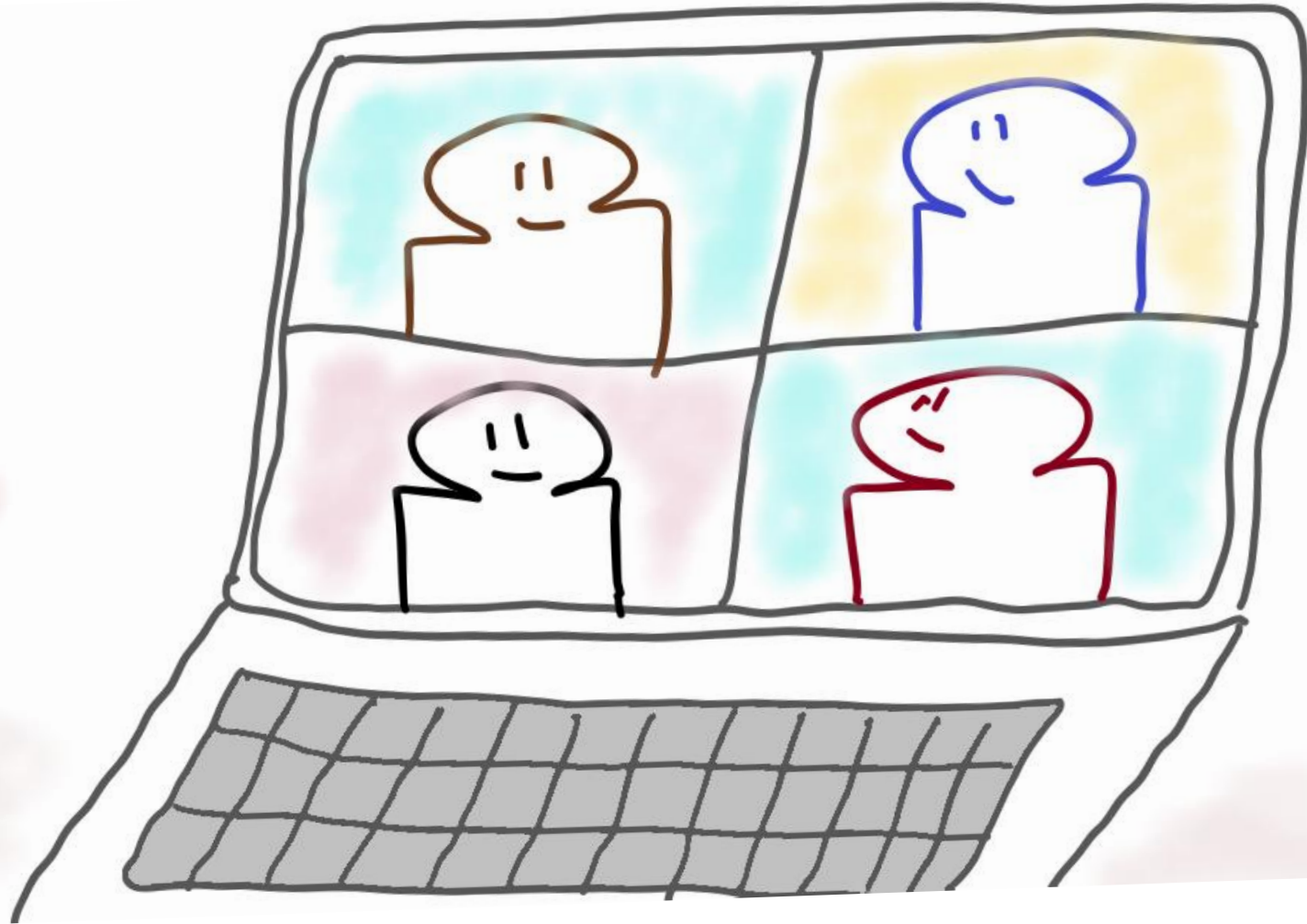
Keep a routine

GETTING DRESSED
FOR THE PART...

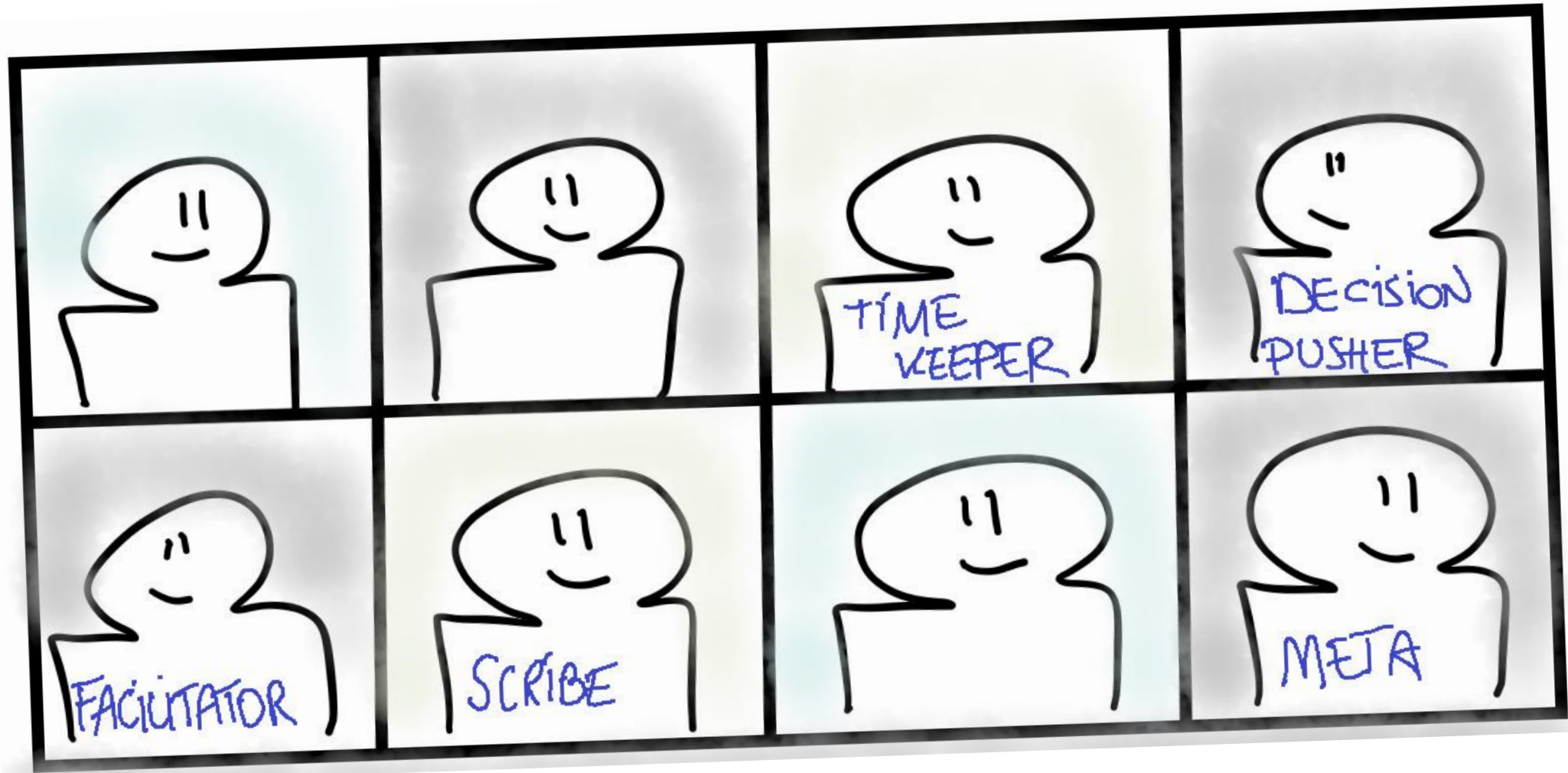


Use video calls when necessary

CONF
CALLS



Meeting facilitation

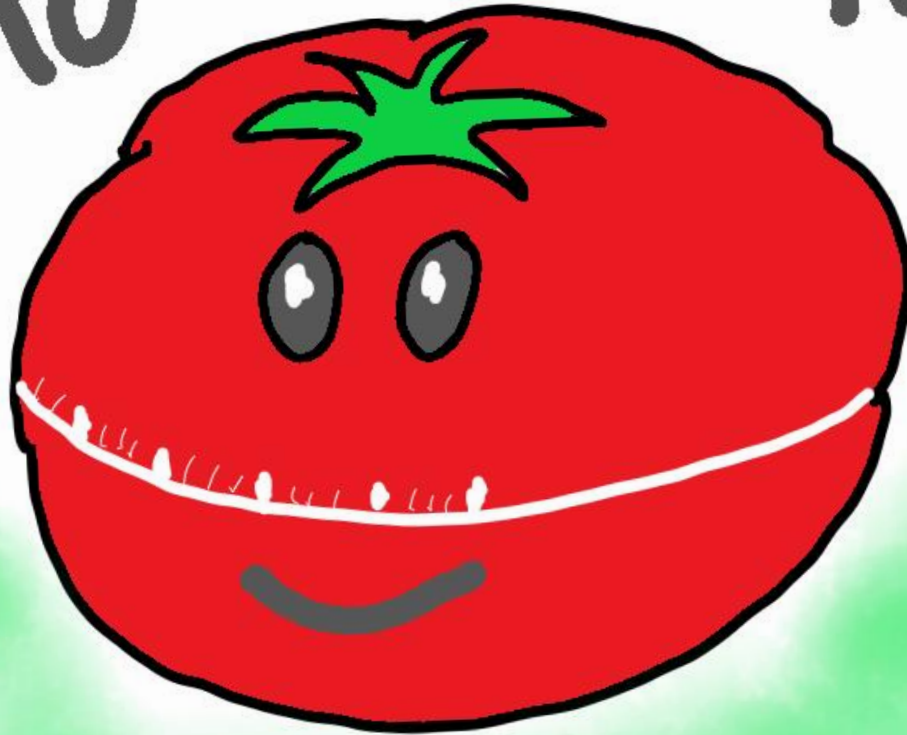


Keep some focus time

POMODORO

TECHNIC

25'



Take the meeting out...



Take real breaks ...

YOGA



COOK



READ

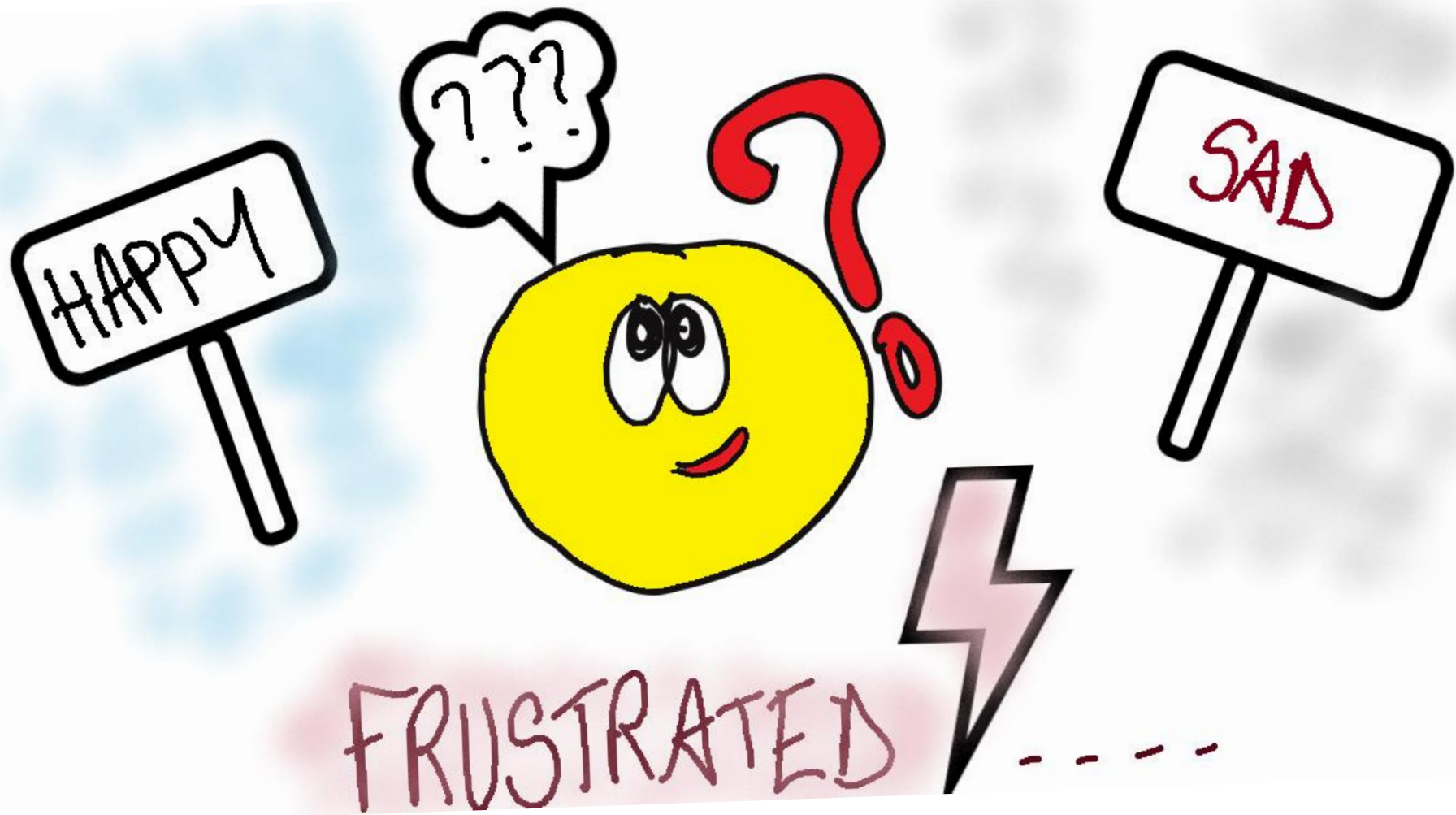
FRESH
AIR

GO OUT
DO SOMETHING
ELSE

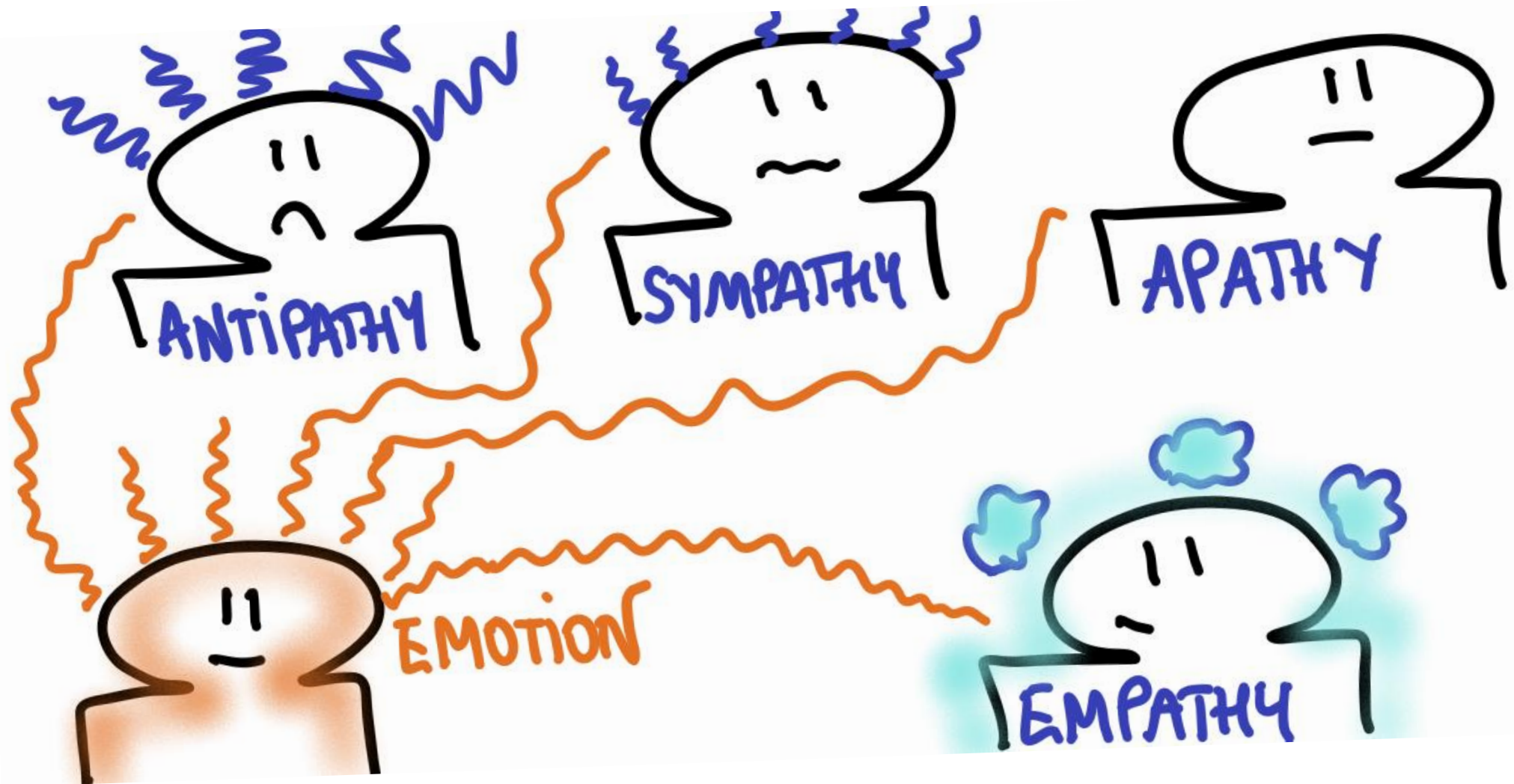


MEET
PEOPLE

Improve communication signal loss



Improve social reception of emotions



Especially with covid situation

RESENTMENT



INDIGNATION

FEAR FROM VIRUS

ANGER TRIGGERED

SADNESS MISSING A NEW
WAY OF LIFE

JOY SEEING PEOPLE
AGAIN



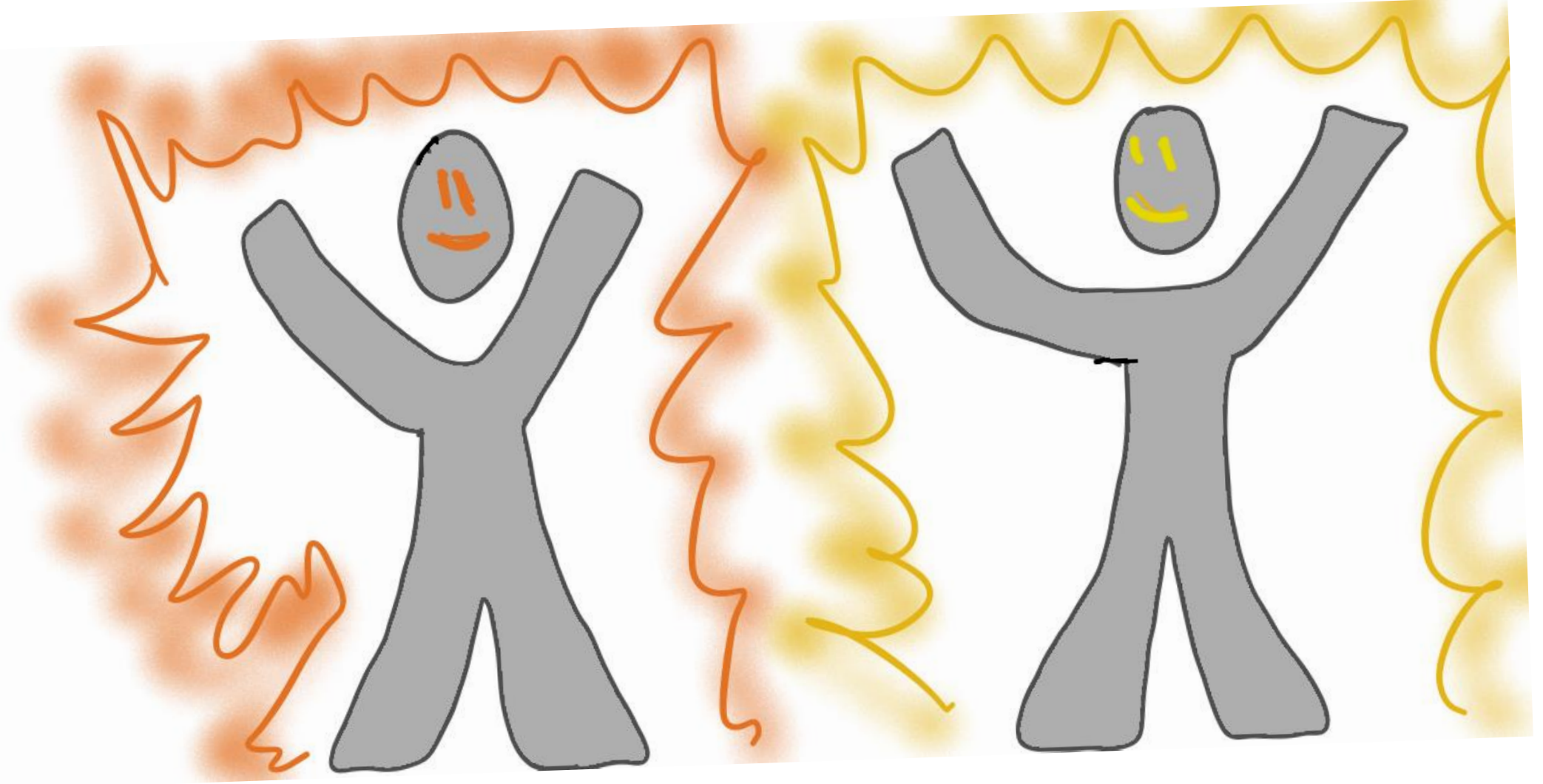
An adapted leadership / managerial posture

Let go and trust

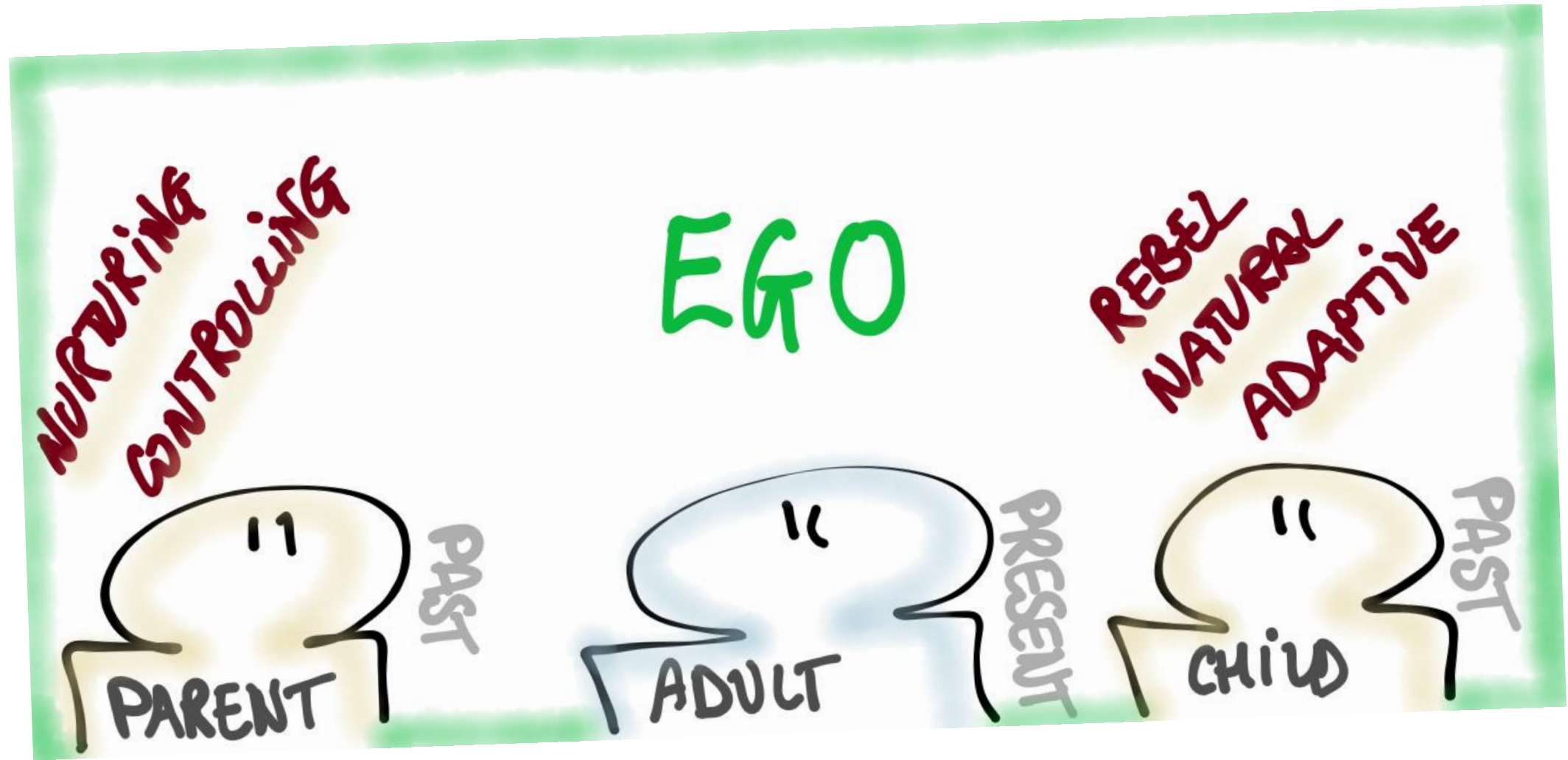


DELEGATION OF DECISIONS

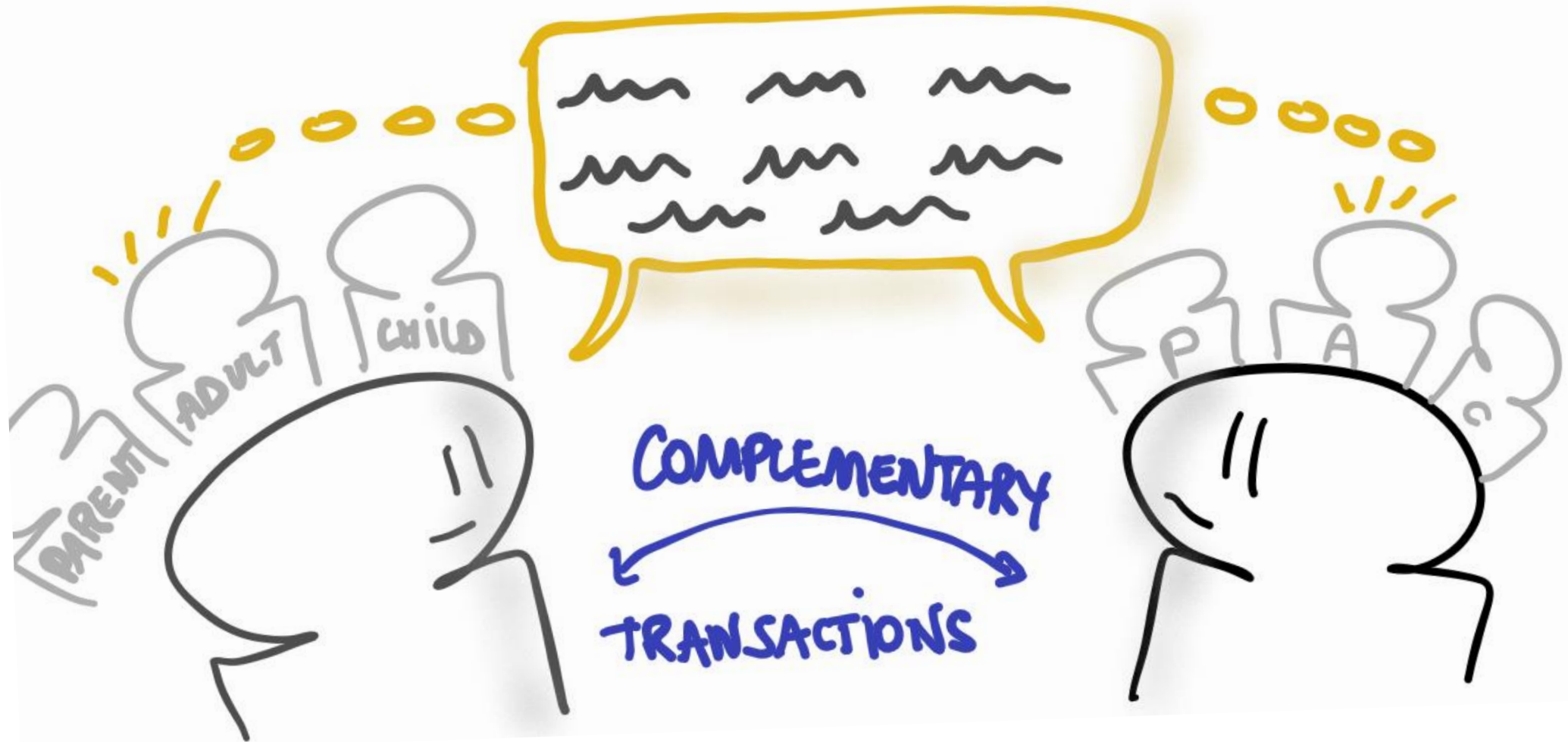
Energize people



Ego states in conversations



Align expected and received transactions



Thanks for listening

A few links if you want to learn a bit more

<https://vanessahumphreys.coach/2020/10/27/pomodoro-technic/>

<https://vanessahumphreys.coach/2020/10/27/walking-meetings/>

<https://vanessahumphreys.coach/2020/10/27/mental-overload-what-is-it/>

<https://vanessahumphreys.coach/2020/10/27/effective-and-successful-communication/>

<https://vanessahumphreys.coach/2020/11/06/systemic-delegated-roles-a-systemic-delegated-process-coaching-tool-for-running-efficient-meetings/>

<https://vanessahumphreys.coach/2020/11/06/eisenhower-matrix-avoid-the-emergency-trap/>

<https://vanessahumphreys.coach/2020/11/06/moving-motivators-energize-people/>