

# Balancing Work and Life in a Virtual World

While remote workers often report a high degree of satisfaction and greater work-life flexibility with telecommuting, virtual work presents its own set of challenges when it comes to achieving work-life balance.

This LIVE, virtual workshop explores the best practices top organizations are using to keep remote and hybrid employees happy, engaged and stress-free. You'll get the strategies you need to increase energy levels, manage high-pressure situations and relax the mind and body to improve mood. Participants learn how to calm themselves in the face of pressure, reset priorities and implement new habits that produce more effective collaboration and communication within virtual or hybrid teams — all while enjoying more job satisfaction overall.

## Session 1

### Getting Energized

- Personal motivators that will increase your energy levels
- How to develop productive practices — simple methods that work!
- Go-to strategies for handling high-stress situations
- Tips for transforming chaos into positive momentum
- Reprogramming bad habits for the best results

## Session 2

### Tools for Relaxation

- Describe the impact of your personal stress has on others
- Select the stress management technique that works best for you
- Identify the warning signs of burnout and learn how to prevent them
- Self-sabotaging behaviors to avoid at all costs

## Session 3

### Understanding Virtual Teams

- Describe the attributes of successful virtual teams
- Discuss recommended ways to be an effective virtual team member
- Identify your top priorities as part of a virtual team
- Examine how your contributions to the team can improve your efficiency