

Tips and Tricks for Trainers: WORKING FROM HOME

Set your work boundaries:



- Make a clear schedule with a healthy amount of working hours per day.
- Avoid back-to-back meetings.
- Set a finishing hour for each day.
- Monitor closely your schedule.

Take regular breaks from screens:

- Do something you like to do.
- Do meditation, breathing or home exercises.
- Dance, listen to music.
- Catch sunlight, go for a walk or cycle.



Learn about your ideal focus cycles and create a routine around it:



- How long can you stay focused?
- Do you work better in the morning, afternoon or evening?

Choose carefully your workspace:

- A couch with a warm blanket? An ergonomic chair, keyboard, bigger or double screen...?
- Try different rooms in the house.
- Try co-working places, friend's houses, libraries, cafes, nature...



During work take care of your colleagues:



- Add physical exercises to your meetings.
- Don't contact them after work hours.
- Make clear agreements on what to do.
- Check in on their physical & emotional health.

Use tech to create a better working environment!

- Use Apps for accountability, exercise or snack times.
- Set up alarms so you don't sit for too long.
- Shut down distracting devices like smartwatches.

