



# Working from Home Wellbeing

**Length:** 1 hour

**Delivery Mode:** Virtual Presentation

**Details:**

Hybrid/remote employees often miss out on the benefits of a well-designed workspace.

A few simple hints and tips can make all the difference to employees who are focussed on working hard but missing out on working well.

These advice sessions help your employees to make the most of their existing homeworking space without investing in additional furniture or equipment.

This session covers:

- Laptop use without pain
- How to set up the perfect home working environment
- WFH posture
- Lighting tips and tricks
- The importance of regular breaks and what to do during them
- Eye health for home screen users
- Quick and simple stretches

*This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*