

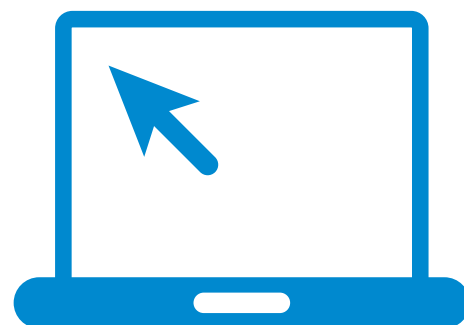
HEALTHY @ HOME



TIPS FOR WORKING FROM HOME

Working from home can be a challenge. It takes time to adjust and to learn to adapt to your new surroundings and distractions. One of our Y members, Todd Burrier, is an entrepreneur, speaker, coach, trainer, author and YMCA advocate.

He has shared some of his advice for working from home that may be beneficial for many of our members during this epidemic.



TIPS FOR WORKING REMOTELY AND EFFECTIVELY FROM HOME:

- Set boundaries
- Have a designated work space
- Clock in and clock out
- Plan work activities and track progress
- Dress for work
- Capture time efficiencies
- Have an accountability partner

LEARN MORE:

For details on these tips & more, [read Todd's blog!](#)

SPECIAL THANKS TO TODD BURRIER!

toddburrier.com



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