



Working From Home: Balancing Productivity & Well-Being

Achieving work-life balance is something we all strive to do whether working from home or in a traditional office. However, balancing work, home and family while working remotely can be disorienting and exhausting. In this interactive workshop, participants will explore the benefits and strategies to staying productive while working from home.

Live Online Course

Course Length: 90 minutes

Course objectives:

- Identify benefits and challenges of working from home
- Design functional & healthy work-spaces
- Identifying secure practices
- Staying productive & focused



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