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Working from Home

(29718)



COURSE DESCRIPTION

The 'Working from home' course is designed to teach remote workers how to work from home effectively. The course teaches strategies to stay productive while having good work-life balance in a home-office work environment. The course includes how to set up for good office ergonomics, how to look after your mental health. It also reinforces that the usual expectations of work still apply.



Learning Outcome

This online course provides caregivers and other healthcare professionals with the following training.

- Helping them prepare for working from home
- Giving an overview of the benefits and challenges of working from home
- Reinforcing that the usual expectations of work still apply.

The course discusses ways to stay connected with team members, the importance of taking regular breaks and having a routine that establishes working hours that allow for a good work-life balance. The work environment and an ergonomic home office setup are taught through interactive practice activities.



Course Features

- Adaptics
- Animations
- Assessments
- Certificate of completion
- Voice Over
- WCAG 2.0 accessible



Audience and Duration

This course is for all remote workers in an at-home work environment. In teaching how to work from home, the course assumes that these workers work from a home office (or similar) with access to video calls and instant messaging technologies. This course is suitable for those who have just started to work from home as well as those who already work from home and are looking for ways to improve their working day.

Duration: 10 minutes