

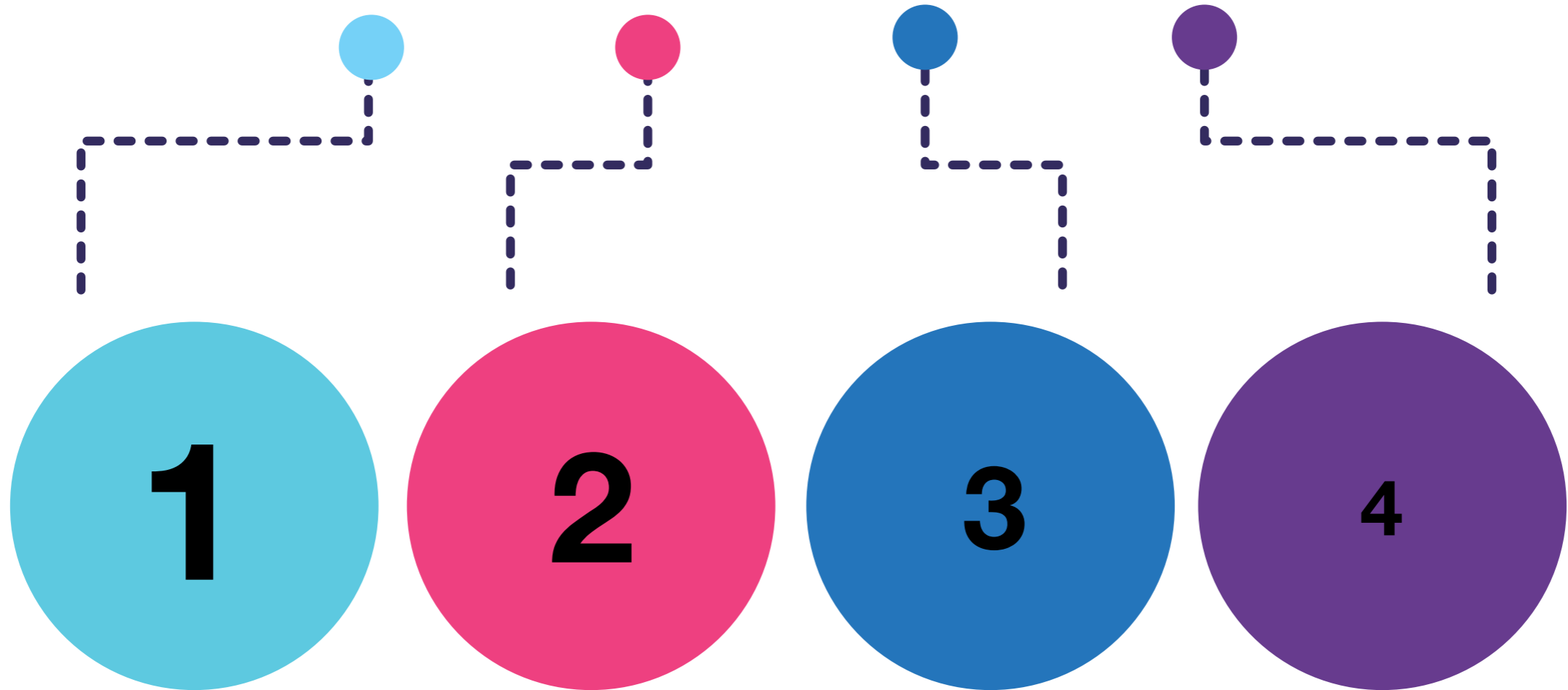
# CHALLENGES OF REMOTE WORKERS

It's not the tools we use to work remotely, it's what makes us humans that creates the biggest challenges for workers during the turbulent times of 2020.



# Four challenges stand out for remote workers

*State of Remote Report 2020 - Buffer*



## **COLLABORATION**

The Number 1 challenge is related to collaboration, meeting effectiveness and communication with co-workers.

## **LONELINESS**

Difficult or no social contact makes people feel lonely and increases stress, anxiety and depression.

## **UNPLUGGING**

Exiting the office is a cue for the brain to unplug, but working from home tricks it into focusing on work longer than usual.

## **DISTRACTIONS**

By default, our home is designed to give lots of choices for what to do with our FREE time.

1

teach people virtual skills for **collaboration**



**MEETING  
MANAGEMENT**

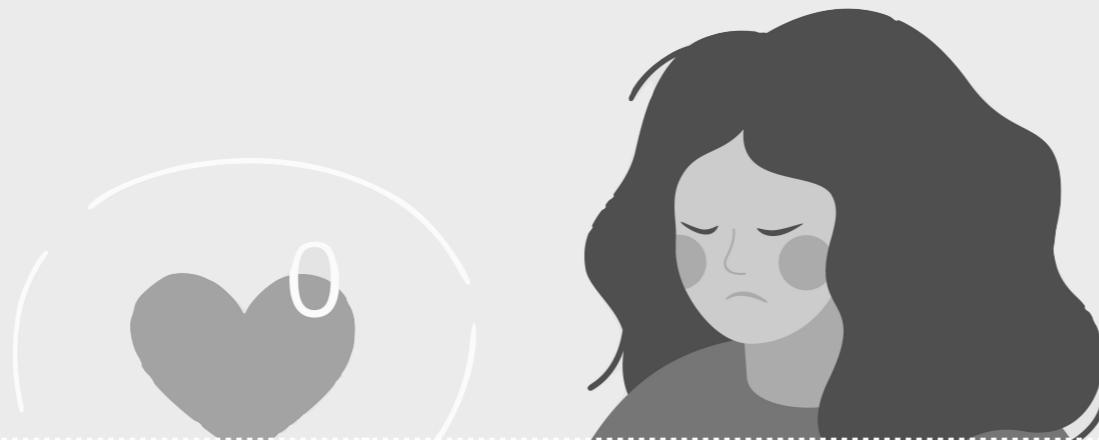
**TEAM  
DECISIONS**

**PROBLEM  
SOLVING**

***The rules** for remote collaboration seem similar to those for face-to-face, but the way to practice them is very different. (think “listening skills”, but on steroids)*

2

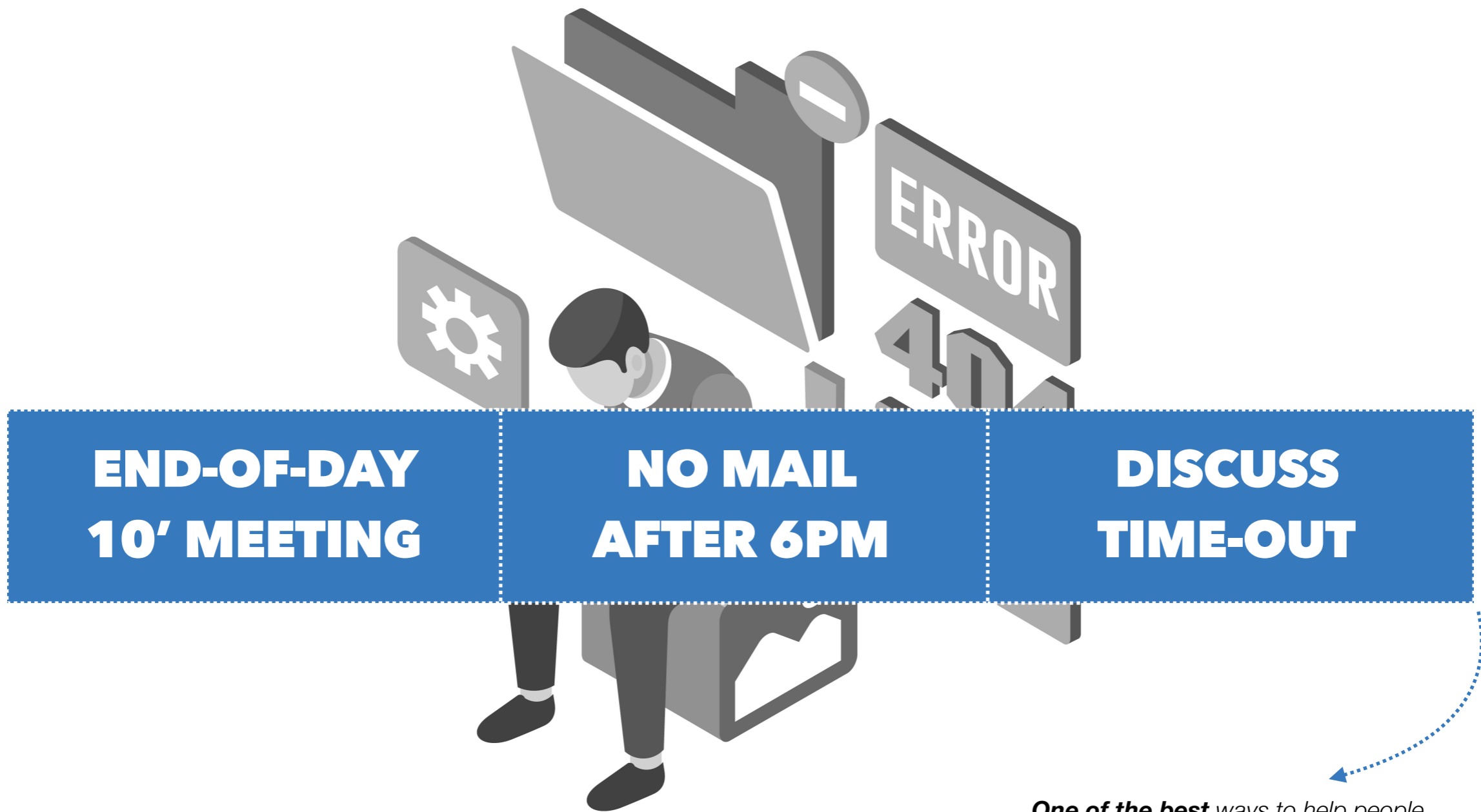
create team **bonding** moments on-line



***Managers** need to do this often with each employee, just to catch up, assess engagement and reassure them*

3

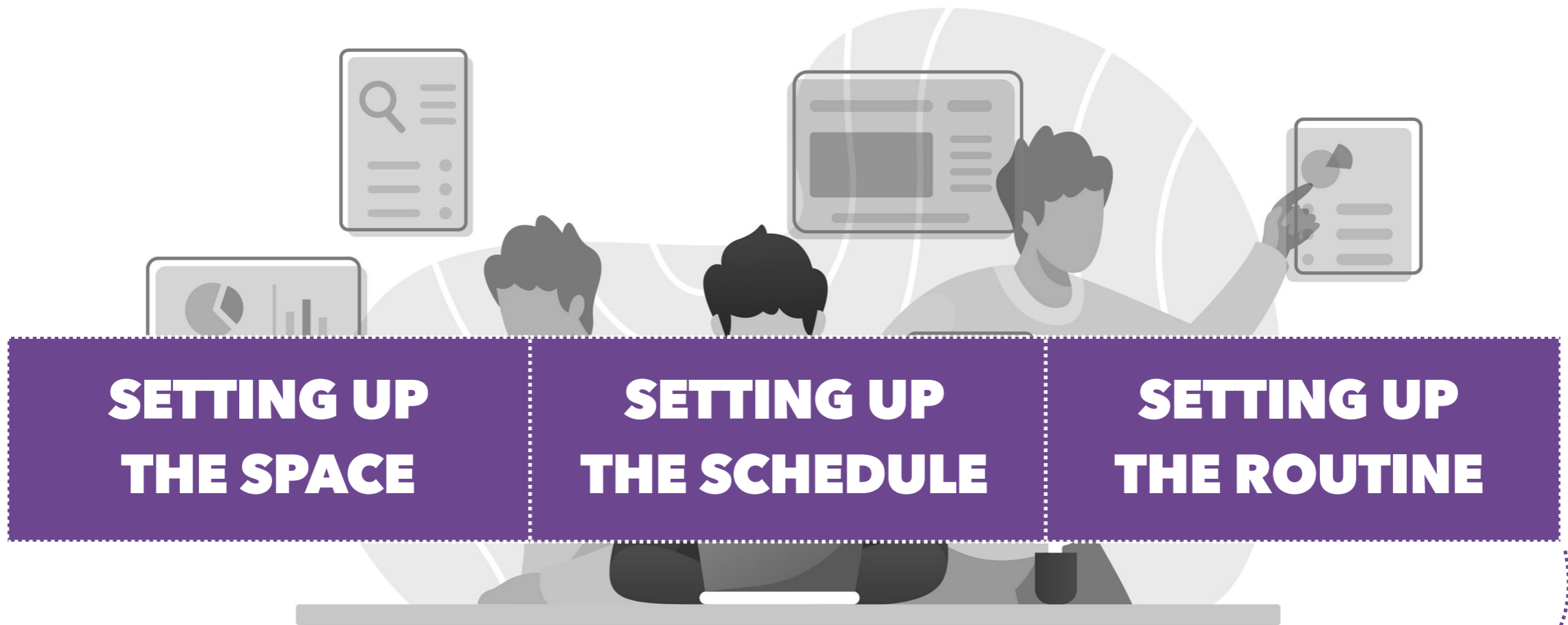
help people to **disconnect** from work



*One of the best ways to help people disconnect from work is to have the manager signal his intention to disconnect. Action speaks louder than words.*

4

teach people how to deal with **distractions**



**SETTING UP  
THE SPACE**

**SETTING UP  
THE SCHEDULE**

**SETTING UP  
THE ROUTINE**

*There's sound **scientific evidence** that fighting distractions is easier when the environment matches the intention. The space must match the activity.*

## EXTRAORDINARY CIRCUMSTANCES

The challenges of working remotely are greater than usual during a pandemic.

Parents have their kids in the "office", supplies are sometimes difficult to get, people worry about their health and their loved ones health, there's uncertainty about the future.



# TAKE CARE OF YOUR PEOPLE

and help them overcome the challenges of working remotely during these difficult times.





# **BRAINIUP**

## **A SPACE FOR TEAMS**

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