Transitioning Back to the Workplace

Course Description:

Transitioning back to the workplace can be as difficult as the transition to working from home. Creating new habits, beliefs and behaviors was required during the transition to working from home. These habits were difficult to create. Now with the transition back, we need to unlearn these and relearn our workplace habits and behaviors. This perceived change causes anxiety for most and understanding why is critical for a smooth and productive transition back.

Many have experienced loneliness and even depression, which creates resistance to returning to the workplace. Managers need the tools to manage the difficult challenge of these emotions while maintaining performance.

People will be returning to a workplace that won't be the same. There will possibly be new faces and faces missing. Routines will no longer exist, and new ones will need to be developed. Adjusting to dressing up, "showing up" and all that is associated with getting to and from work will be challenging.

Course Objectives:

After completing this class, employees will have the tools to transition back to the workplace both physically and emotionally.

- Understand where the stress and anxiety is really coming from
- Learn how to mentally transition before returning to the workplace
- Learn the steps to reconnecting
- Manage the changes that have happened due to workplace shutdowns
- Effectively communicate your concerns about returning
- Develop a new team culture
- Create the ideal environment
- Learn to bring your new productive habits into to the workplace

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Who should attend?:

Staff and leadership should attend this class, as making the physical, emotional and mental shift back to the workplace can create unnecessary anxieties. Learn how to make this shift with a growth and positive mindset.

Why should you take this workshop?:

Growth Mindset
- How to maintain an engaged attitude while navigating change
- Increase your awareness in this new environment "The New Normal"

The challenges & benefits of change
- How challenges can expand your resilience
- Embracing the challenge of change, brings teams together
- Reflect on the positives things that have come from the negative experience of the pandemic

Change and Personal Growth
- Learn how to overcome your fears
- Understand the importance of connecting with others once again
- Learn how to create internal motivation