TAKING

REMOTE

CONTROL

Mindset in Motion

For individuals

Over 12 modules, you will
Master Remote Working

A Survival Guide to Success

Here's What You'll Learn

1

Reset Your Clock

Getting your body back in synch with its natural rhythms

2

Work Boundaries You Can Set

Learn to create autonomy

3

Manage burnout

Learn how to switch off

4

How to be productive, Not busy!

Make your life simpler

5

Prioritise & Organise Time

Time management is pain management

6

Follow Your Lead

How to be your own leader when you work from home

7 Movement Snacks

When and how to keep moving

8 Mental Resilience

Control negative self-talk with mindset to create success

9 Manage Loneliness

Never feel lonely again

10 Tech Neck

Protect your posture and improve energy

11 Work from home Nutrition

The best foods to consume for cognitive function

12 Flick the Switch

How to move from work mode to home mode within the same four walls

BONUS

1-2-1 call with me once a month for a whole year after the course has finished

Accountability emails once per week