REMOTE WORK

These courses will give you the tools you need to establish a work-life balance and set up a proper workspace to ensure productivity and success.

Learn how to add healthy habits to your work day to improve your mood, sleep, and physical health.

Establish an effective work station at home to minimize technology issues and interruptions.

Identify personal challenges that can impact the work day, like balancing child care, and learn how to address them.

Course list

- ▸ Work From Home: Health and Wellness at Home
- ▸ Work From Home: Technology at Home
- ▸ Work From Home: Work-Life Balance
- ▸ Working Remotely

Find a complete list of courses at:
https://catalog.mindedge.com/courses/categories/92

Why Remote Work Training?

Working remotely brings unique challenges to day-to-day work schedules. Technology issues can hinder your productivity and, when you're spending your whole day in the same place, it can be hard to transition from work hours to personal time.
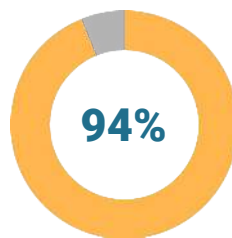
These courses will give you the tools you need to establish a work-life balance, maintain your health, and set up a proper workspace to prevent pesky technology issues.

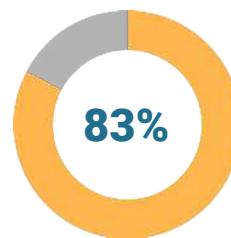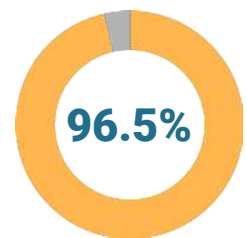## Learners agree that our online courses:

Are Effective

90%
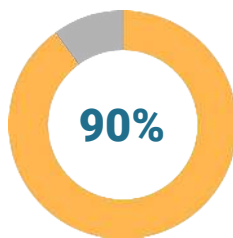
Meet Learning Objectives

94%

Had a positive effect on their career/life

83%

Worth Recommending to a Friend

96.5%

*Based on 2019-2020 MindEdge Learner Feedback surveys.

M MINDEDGE LEARNING

www.mindedge.com