

Working Remote Wellness Strategies

Key Summary Takeaway

Presented by
Corey Atkinson
VP of Strategic Learning & Development

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Session Leader

- **Speaker: Corey Atkinson, VP of Strategic Learning & Development**
- **Extensive experience in leadership and management development, customer experience and employee engagement.**
- **Focus on supporting others to become great at what they do!**



Webinar Agenda

- Best Practices for Remote Wellness
- Must Do's to Bring Your "A" Game Everyday
- Critical Steps to Build Resiliency

Physical & Mental Wellness Tactics

Physical Wellness

Get Your
Ergonomics
Right

Take
Breaks

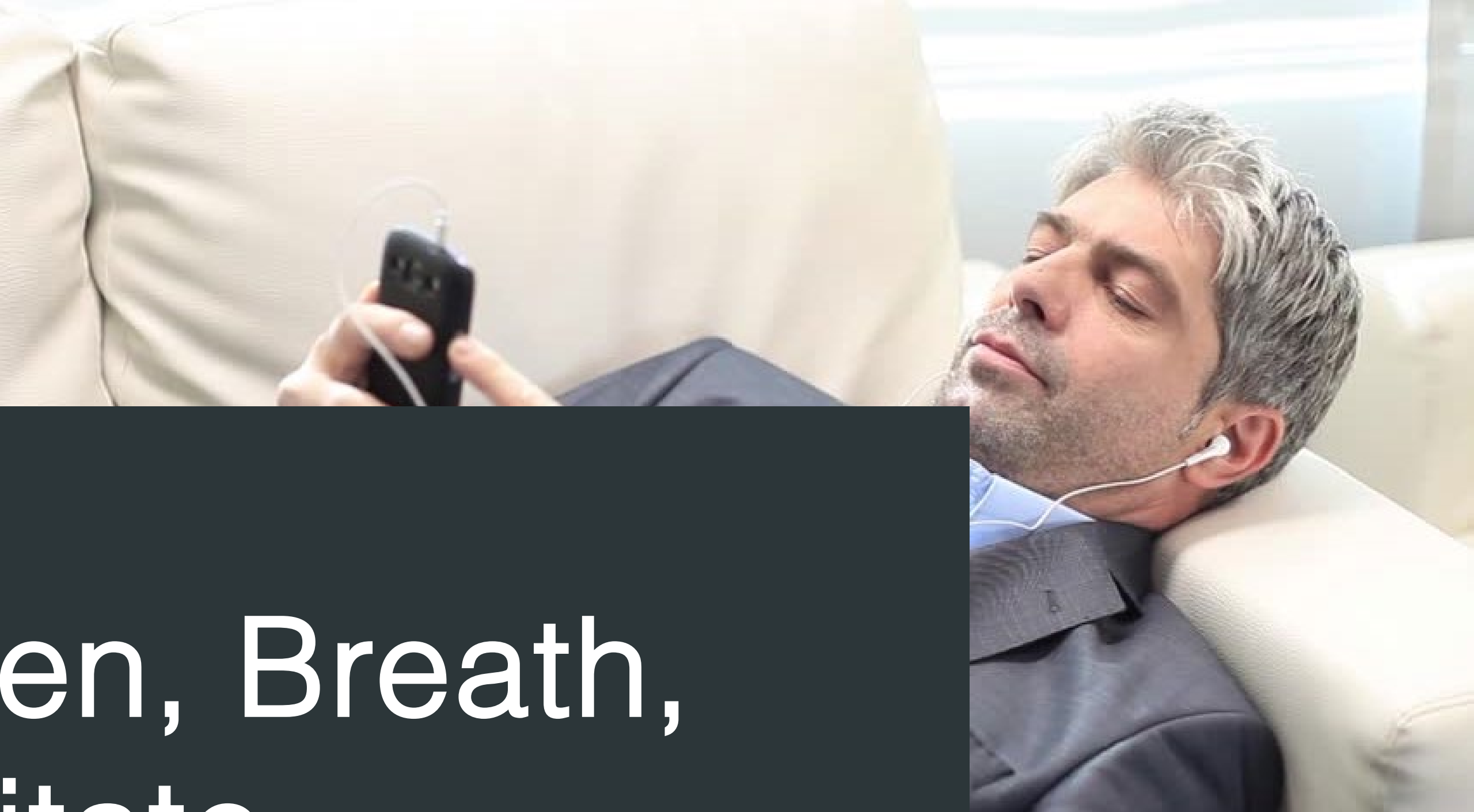
Pace
Yourself

Mental Wellness

Don't
Internalize
Other
People's
Problems

Acknowledge
Your
Emotions &
Stress

Talk About
It &
Ask for
Help



Laugh, Listen, Breath, Meditate



Steps To Resiliency

“Research has shown that resilience is ordinary, not extraordinary. People commonly demonstrate resilience.”

Resilience Reminders

Connect.

Maintain a hopeful
outlook.

Move toward
your goals.

Take care of yourself.





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