



AMY BLANKSON

HABITATS FOR HAPPINESS

FINDING YOUR GROOVE WHILE WORKING FROM HOME

CATEGORIES: Productivity, Happiness, Disruption

As more professionals find themselves working from home, new and unique challenges are emerging that threaten to diminish not just productivity, but also sanity as well. Balancing the demands of a global workforce in upheaval, the hurdles of virtual connection, and the pressing needs of friends/family who share your space can be stress-inducing. While uncertainty and disruption may be our new norm, fear does not have to be. In this talk, Amy Blankson, working-from-home veteran and mother of three, will share her top secrets for creating a habitat for happiness, offering actionable strategies for maintaining a positive mindset, rethinking stress, and moving forward with resilience in the midst of change.

LEARNING OBJECTIVES:

- Organize your workspace to maximize focus and productivity
- Utilize a virtual commute to jumpstart your day
- Effectively communicate physical and digital boundaries with colleagues and family members

BEST AUDIENCES: Any professional transitioning to working from home