# Exploring the Impact of Remote Working

Remote work has reshaped how we connect, collaborate, and care for our wellbeing. In this 60-minute virtual session, Exploring the Impact of Remote Working, we'll take time to reflect on the personal and professional effects of working from home.

This course offers space to acknowledge the challenges, discover strategies to support mental health, and explore ways your organisation can help you feel more connected and supported—no matter where you're working.

**Format:** Virtual

**Duration:** 60 minutes.

## Session Overview

- Challenges of remote working

- Strategies to help look after your mental health while remote working

- How we can support you