Build good habits now that will make you a better manager back in the office! **OPPORTUNITY: RISK:** I have an important role to: • have supportive conversations clearly communicate vision & tasks • understand when things go wrong • offer advice & support • offer praise & recognition What a palaver! I'll only • get to know people: get in touch if urgent issues, development, goals • give trust



- be a role model
- encourage healthy work-life balance
- encourage worker interaction

CONNECTING

ENABLERS: Technology

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NABLING

Schedule contact 'Open door' policy ...or indicate if busy Realistic expectations Encourage chats Regular 1:1

- clear on my role
- supported enough but not smothered
- known & recognised
- empowered to get on but responsible to deliver

I feel:

• I can have a cuppa and chat like I would in the office

TPUST

• like my manager gets the difficulties of working remotely

Original research by UEA and Kingston for IOSH Related online tools

Relevant workplace wellbeing information

