

WORK WELL REMOTELY

HEALTHY HABITS AT HOME.

Are you working long hours and have a hard time shutting down?

Are you distracted by overcommunication from your colleagues or noises from your family in the next room?

Working from home can be filled with distractions and procrastination if not handled effectively. It doesn't have to be a fight against willpower to do more laundry, turn on Netflix, or grab a snack.

Routines are essential.

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Wow. SO many helpful suggestions. I can't wait to share these ideas with my brother, an art director who works from home. He's always so stressed out trying to be creative when he's constantly interrupted by people in the office. Thanks so much, Marcey!

- **Mary Parker Elliott**
CPA, Austin TX

LEARN HOW TO:

- ✓ **Set boundaries** for remote work interruptions and over-communication
- ✓ Incorporate movement and meal habits to **increase productivity and creativity**
- ✓ **Recharge your brain and body** with morning and evening transitions

THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Work or manage people remotely
- Work from home or travel for business

