

Stay engaged and promote safety  
with remote/home-based workers.

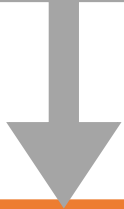
Presenter: Tony V. DeAscentis, CEO/CoFounder Ving! c: 330.717.7100 e: [tony@vingapp.com](mailto:tony@vingapp.com)

# Stay engaged and promote safety with remote/home-based workers.



## Session Objective:

A springboard of ideas that will not only help you to feel more at ease with managing remote/home-based workers but as well to help your remote/home-based workers be more productive.



## Agenda

Environment: The Office / Workspace

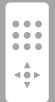
Structure: Hour to hour, Day to Day

Personal Wellness: Mindfulness and Exercise

Resources: Easy to Read, Easy to Apply



According to Global Workplace Analytics nearly 30% of the workforce will be working from home by the end of 2021.



That is an 80% increase in remote workers before the pandemic (Upworks).



Avoiding remote workers is no longer a possibility and many companies will find themselves with some remote workers and some workers in the office.



2020 taught and showed us all that some of us can do our work from home and be equally, if not more, productive.

Stay engaged  
and promote  
safety with  
remote/home-  
based workers.

## Agenda

### **Environment: The Office / Workspace**

Structure: Hour to hour, Day to Day

Personal Wellness: Mindfulness and Exercise

Resources: Easy to Read, Easy to Apply

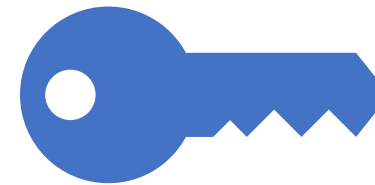
Next Steps

# Environment: The Office / Workspace

---



Set up a functional workspace - Creating your workspace.



The key is to work with your remote workers to ensure they have a proper workspace. A place that makes you both physically and mentally comfortable.

Presenters: Tony DeAscentis

Cell: 330.717.7100

e: [tony@vingapp.com](mailto:tony@vingapp.com)



## Awesome, you found us!

We are the microburst safety training and on the job information sharing tool, you've been looking for.

Are you wondering if microburst training is right for you and your company?

[Find Out Now](#)

Require that they create an area that they will use as an office, separate from their personal life - many don't.



## Paying attention to:

- Being away from normal traffic areas
- Having a door to shut and be away from distractions
- A location that can be set up and stay set up

# Tools

The home office should be as “ready to work” as possible.

Adequate Supplies

Proper Chair (s)

Traditional desk / Standing Desk / Portable Desk

Monitors

Headsets

Phone



Stay engaged  
and promote  
safety with  
remote/home-  
based workers.

## Agenda

Environment: The Office / Workspace

**Structure: Hour to hour, Day to Day**

Personal Wellness: Mindfulness and Exercise

Resources: Easy to Read, Easy to Apply

Next Steps

## Structure: Hour to hour, Day to Day

- Without it, we tend to lose track of what we need to accomplish, unlike in the office where there is typically a very structured environment. We arrive, we work, we leave.
- When working remotely, we have to work a little bit harder to ensure our brain gets the signal that it is time to get to work, stay focused. A lack of structure causes challenges, impacts productivity.



# Structure: Hour to hour, Day to Day

Stick to your schedule	<p>Don't hit the snooze button!</p> <p>Be Consistent, follow your work schedule</p>
Be aware	<p>Schedule your day wisely</p> <p>Household schedules, hotel schedules</p>
Communicate	<p>Show "Break time with kids" on the calendar</p> <p>Set boundaries with your family - Be sure to "block" DND time.</p>
Wrap it up	<p>When it is time to be done with work,</p> <p>Be sure to closeup shop.</p>
Dress for work	<p>Wear the same clothes you would wear to the office</p>

Stay engaged  
and promote  
safety with  
remote/home-  
based workers.

## Agenda

Environment: The Office / Workspace

Structure: Hour to hour, Day to Day

**Personal Wellness: Mindfulness and Exercise**

Resources: Easy to Read, Easy to Apply

Next Steps

# Maintaining Personal Wellness



STRESS CAN ESCALATE  
FAST. YOU HAVE WORK  
TO DO, DEADLINES.



EATING RIGHT - FRUITS  
AND VEGGIES, BALANCE  
MEALS



NO ALCOHOL



SQUEEZE IN SOME  
GOOD EXERCISE TIME



MAINTAIN YOUR SAME  
SOCIAL INFORMATION  
EXCHANGE WITH  
PEOPLE IN THE OFFICE



# MINDFULNESS

AT WORK

Play

# What is mindfulness?

---

## **Purposefully focused on:**

Where you are

What you are doing

Uninterrupted experiences







## Tips for mindfulness at work.

---

- Take control of distractions
- Start with the biggest distractions and change boundaries - Move the nonessential
- Take control of the mental traffic - Take the garbage and throw it out.
- Focus - come back to where you are and what you are doing.
- Immerse yourself in whatever project you are doing





[For Business](#)

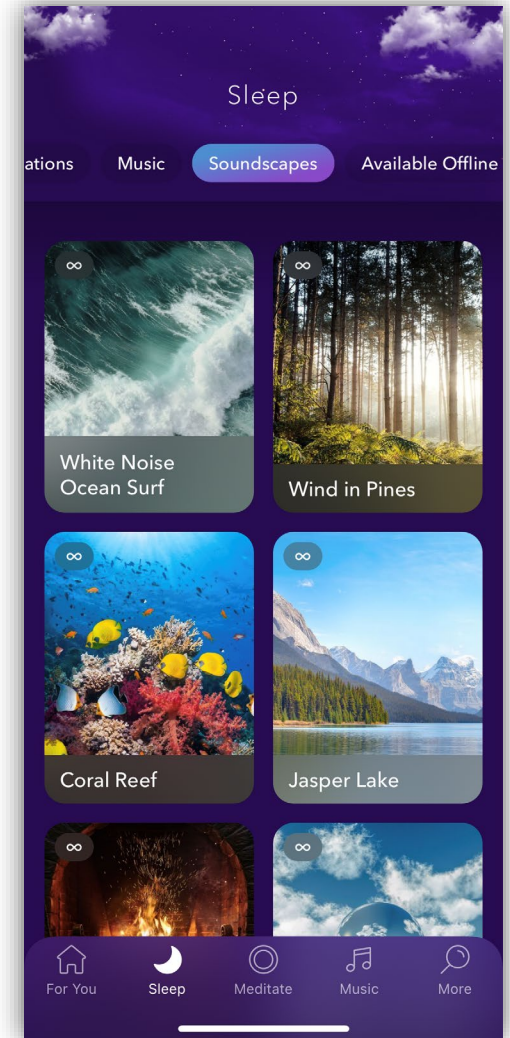
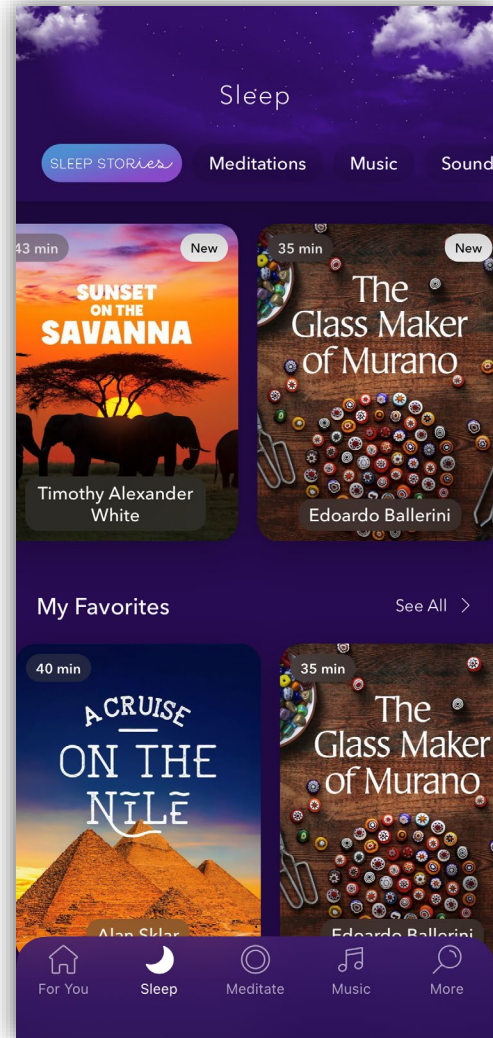
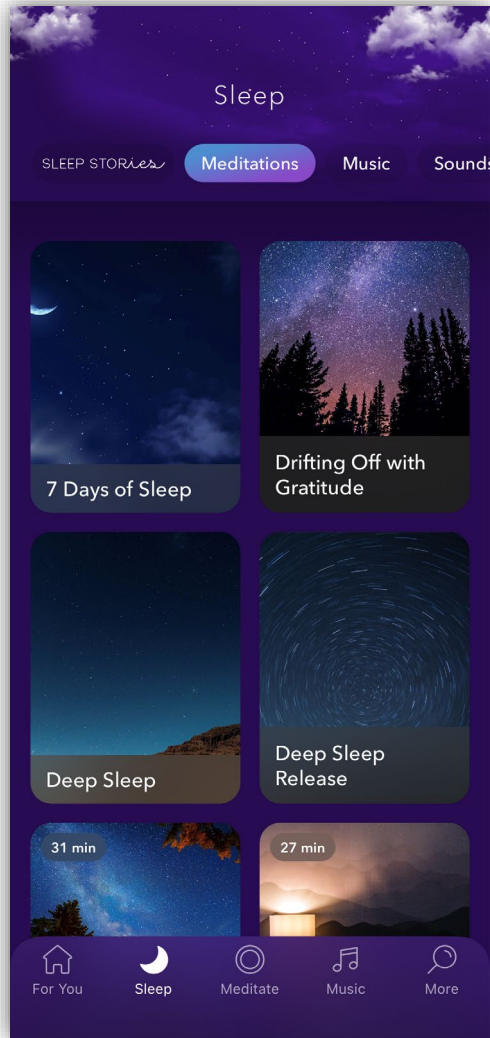
[Log in](#)

[Try Calm for Free](#)

# Find Your Calm

Sleep more. Stress less. Live better.

[Get Started](#)





# When done right

- Working from home can show a dramatic improvement in quality of life. The work life balance.
- Overall, you should expect results that lead to:
  - An increase in employee loyalty
  - A sense of trust and appreciation
  - More productivity, increase in quality work



Stay engaged  
and promote  
safety with  
remote/home-  
based workers.

## Agenda

Environment: The Office / Workspace

Structure: Hour to hour, Day to Day

Personal Wellness: Mindfulness and Exercise

**Resources: Easy to Read, Easy to Apply**

Next Steps

# Resources:



[Easy Tips To Help You Stay Productive While Working From Home \(vingapp.com\)](https://vingapp.com)



[5 Tools That Improve A Mixed Work Environment - Thank You EBook \(vingapp.com\)](https://vingapp.com)



[50 Ideas to Help You Design Your Perfect Morning Routine | Inc.com](https://inc.com)



[Best Healthy Habits To Practice At Home \(porch.com\)](https://porch.com)



[How to Create the Perfect Home Office Space for Any Job \(porch.com\)](https://porch.com)

## Top Trending Topics

Pandemic Planning

Harassment Prevention



Solutions that are actionable, timely, and relevant are needed to adapt to the new normal.

[Find Out More](#)



Whether you are in leadership or not it's your responsibility to recognize and defuse harassment.

[Find Out More](#)



With just a few adjustments you can gain the big impacts Ving has to offer.

[Find Out More](#)



A large, solid orange circle is positioned on the left side of the slide. It contains the text "For more information.." in white, sans-serif font. The circle is partially surrounded by other decorative elements: a blue circle at the top left, a yellow circle at the middle left, and a green line at the top right. At the bottom, there are yellow curved lines and an orange semi-circle.

Tony DeAscentis

C: 330.717.7100

E: [tony@vingapp.com](mailto:tony@vingapp.com)

W: [www.vingapp.com](http://www.vingapp.com)

*Thank you for your  
participation today!*