



Coming off mute

How are you showing up online?

Featuring

KANINA BLANCHARD
IVEY BUSINESS SCHOOL



A long time ago in a workplace far,
far away....

Episode V
*REMOTE WORK STRIKES
BACK*

The year is 2019. It is a dark time for professionals who want to work from home.

Locked in endless negotiations with employers, some even seek the help of executive coaches to explain the benefits for their leaders...

"I want to work at home so I can be more productive and use all my available time to focus on my job."

<https://www.indeed.com/career-advice/career-development/why-do-you-want-to-work-from-home#:~:text=%22I%20want%20to%20work%20at,to%20focus%20on%20my%20job.&text=%22I%20really%20appreciate%20the%20flexibility,productive%20work%20for%20the%20company.%22>

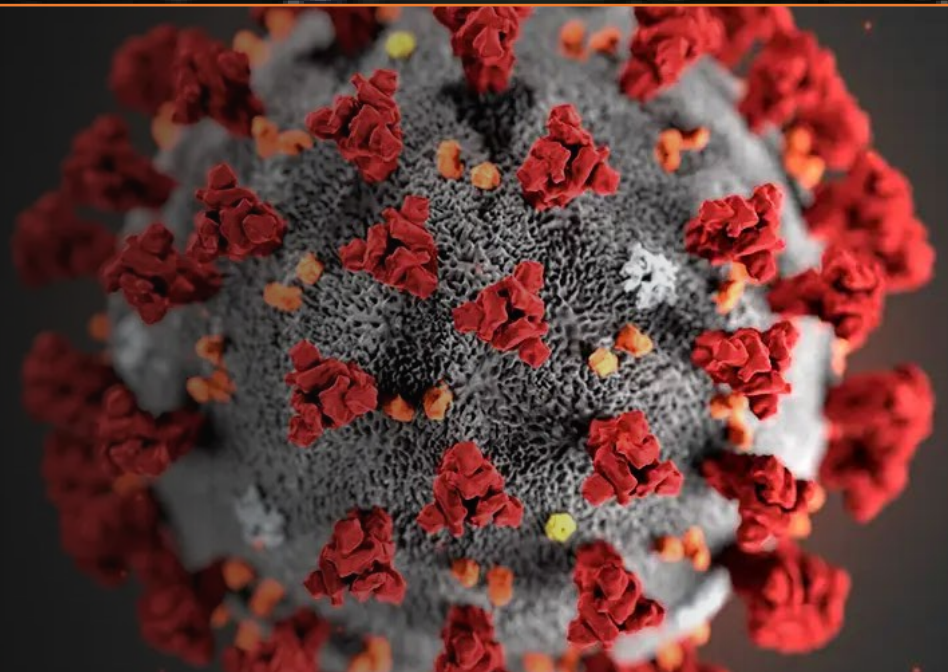
"I want to make a conscious choice for the environment. Skipping the commute can significantly reduce greenhouse gas emissions."

<https://www.indeed.com/career-advice/career-development/why-do-you-want-to-work-from-home#:~:text=%22I%20want%20to%20work%20at,to%20focus%20on%20my%20job.&text=%22I%20really%20appreciate%20the%20flexibility,productive%20work%20for%20the%20company.%22>

"Working from home would save the company space as it would require one less desk and will save money on electricity."

<https://www.indeed.com/career-advice/career-development/why-do-you-want-to-work-from-home#:~:text=%22I%20want%20to%20work%20at,to%20focus%20on%20my%20job.&text=%22I%20really%20appreciate%20the%20flexibility,productive%20work%20for%20the%20company.%22>

But then came...





And now...





Whether thrive at home, you do, or to be surrounded by others, you would prefer...

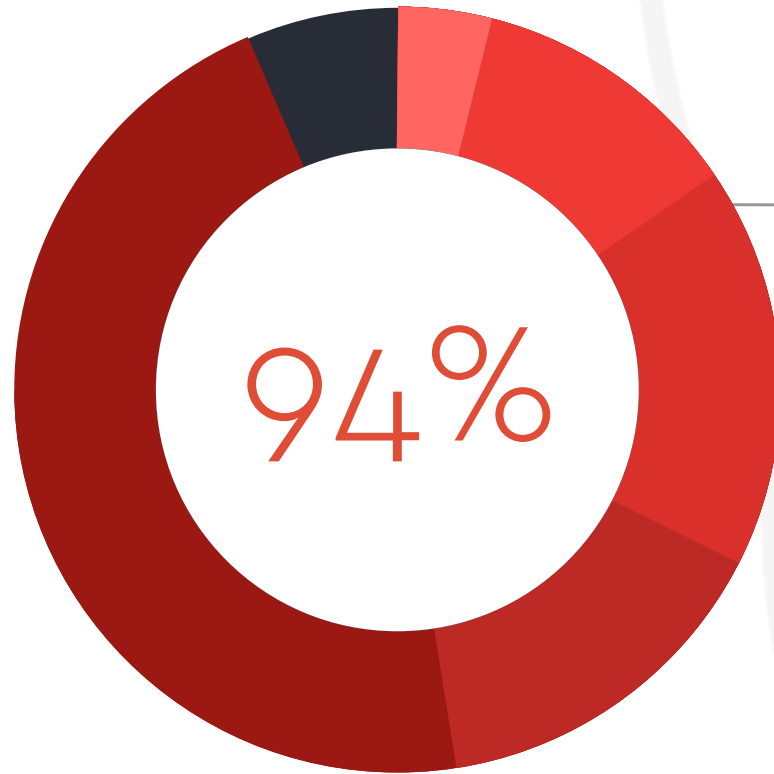
Learn, you must – to thrive in what is... and what may come next!



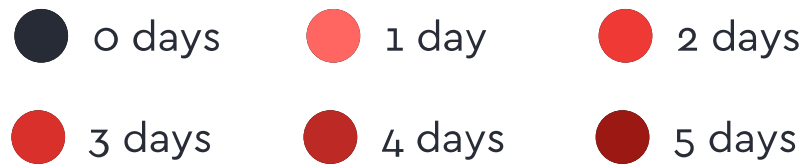
A thoughtful moment:

“When we are no longer able to change a situation – we are challenged to change ourselves.”

Viktor E. Frankl



94% of respondents
said they'd like to
spend at least one
day in the office
each week



MONSTER

“Lack of fulfillment,
boredom, and other signs
it's time to go back to
work”





“3 in 4 workers want to return to an office in the future—here’s how they expect the workplace to CHANGE”



“6 Ways COVID-19 Will CHANGE the Workplace Forever”



Why you're always tired at work: The dangers of work fatigue (and how to avoid it)



The New York Times

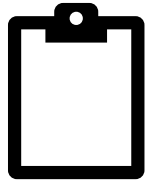
“What if You Don’t Want to Go Back to the Office?”

Millions of Americans are taking part in an unprecedented experiment in working from home. Many are happier, more efficient and want to hang onto the benefits when the pandemic ends.

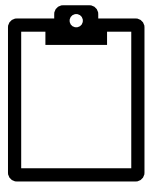




“What a mess.”



Poll 1: How enthusiastic are you about working virtually?



Poll 2: How enthusiastic do you think your team feels about working virtually?

Boosting Morale & Motivation

Recognize that your people keep the company going and thriving. Engage people; they are the source of a company's solutions.

1. Break up workdays (variety)
2. Balance responsibilities
3. Inject fun into virtual working
4. Keep energy levels up
5. Appreciation

Learning Games

Why are games more effective than traditional learning?



RESEARCH-ARTICLE

The Role of Gaming During Difficult Life Experiences

Twitter LinkedIn Facebook Email

Authors: [Ioanna Iacovides](#), [Elisa D. Mekler](#) [Authors Info & Affiliations](#)

Publication: CHI '19: Proceedings of the 2019 CHI Conference on Human Factors in Computing Systems • May 2019

• Paper No.: 223 • Pages 1–12 • <https://doi.org/10.1145/3290605.3300453>

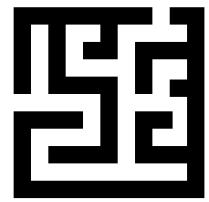
5 556

Alerts YouTube Quotes Get Access

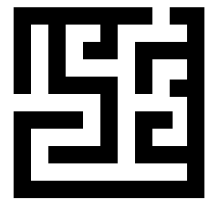
ABSTRACT

HCI has become increasingly interested in the use of technology during difficult life experiences. Yet despite considerable popularity, little is known about how and why people engage with games in times of personal difficulty. Based on a qualitative analysis of an online survey (N=95), our findings indicate that games offered players much needed respite from stress, supported them in dealing with their feelings, facilitated social connections, stimulated personal change and growth, and provided a lifeline in times of existential doubt. However, despite an emphasis on gaming as being able to support coping in ways other activities did not, participants also referred to games as unproductive and as an obstacle to living well. We discuss these findings in relation to both coping process and outcome, while

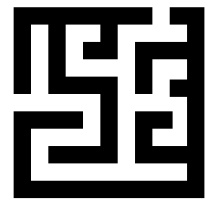




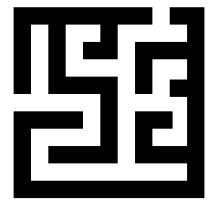
What was one thing you loved
doing in the office?



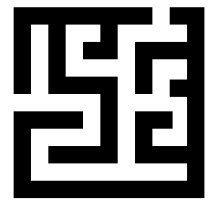
What is one negative aspect of working from home?



What frustrated you most
about coming to the office?



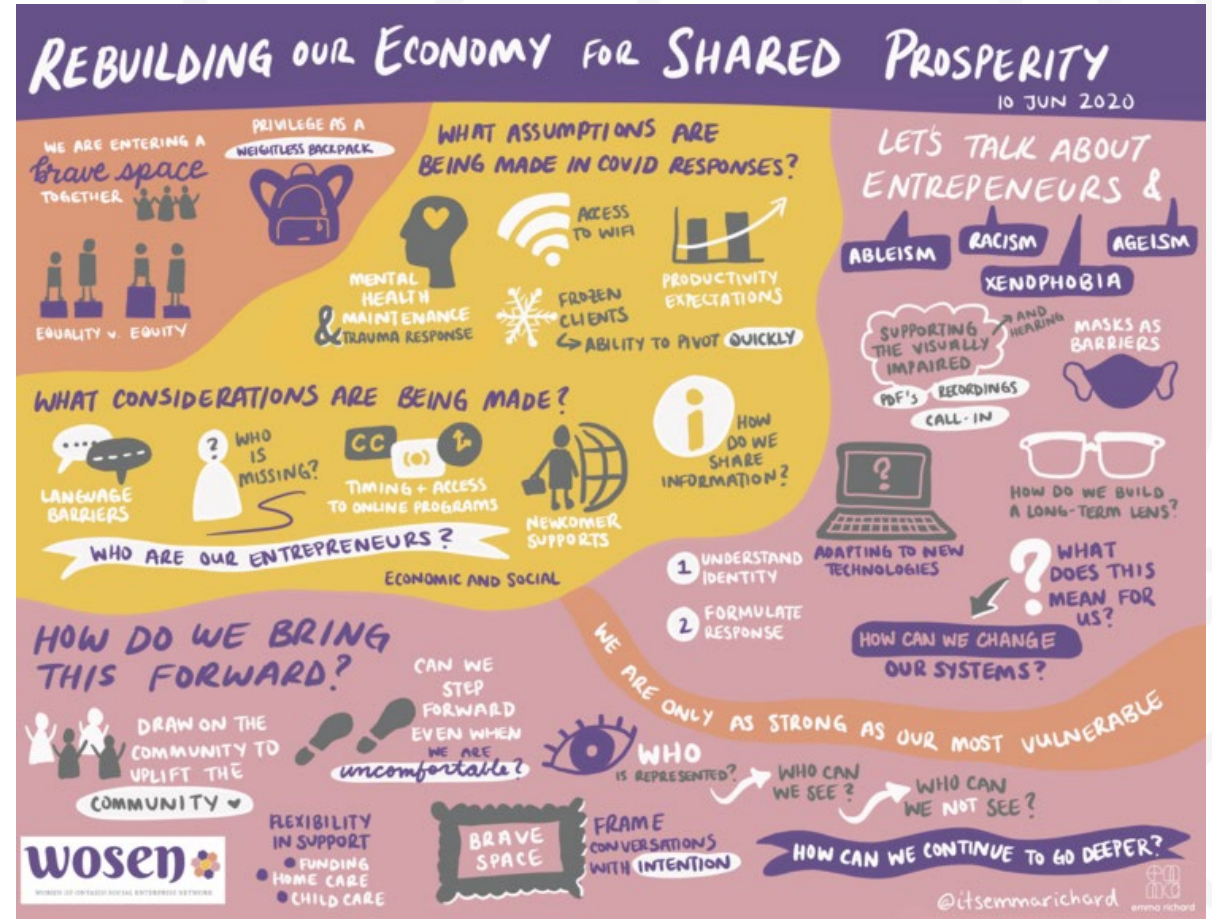
What is your favourite part
about working from home?



What would help motivate
you at work in the COVID-era?

Creative Pursuits

Invite a graphic artist to your team's next brainstorming session to visualize challenges and opportunities.



Creative Pursuits

Create alternatives to traditional team-building:

- Spelling Bee
- Guess my baby photo
- Intro songs
- Shared doodle canvas
- Group storytelling

[Home](#) » [Blog](#) » [Resources](#) » Virtual Team Building Activities

51 Fun Virtual Team Building Activities, Games & Ideas in 2021



Michael Alexis
January 23, 2021

Hi! You found our list of the best **virtual team building activities**.

Virtual team building activities are group exercises via platforms like Zoom, Microsoft Teams and Google Meet. Examples of activity types include icebreaker questions, virtual campfires, and group fitness classes. The purpose of these activities is to build relationships, improve communication, and boost morale.

These activities are similar to [online team building games](#) and support [virtual employee engagement](#).

This list includes:

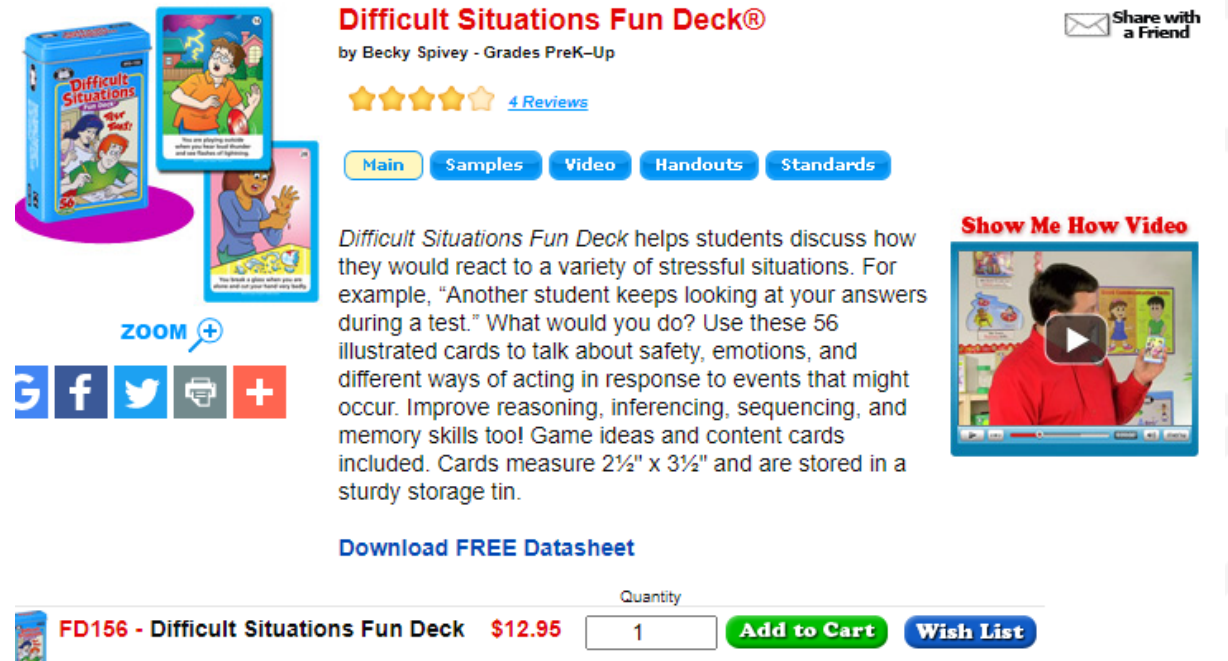
- free virtual team building activities
- team building activities for conference calls
- fun virtual team building games for work
- remote team challenges

https://teambuilding.com/blog/virtual-team-building-activities?gclid=EAlaIqobChMIiM68IKT77gIVxkXVCh2siAJPEAAAYASAAEgLeVvD_BwE

Creative Pursuits

Create alternatives to traditional team learning:

- What would you do?
- Book club
- Personality tests



Difficult Situations Fun Deck®
by Becky Spivey - Grades PreK-Up

★★★★★ [4 Reviews](#)

[Main](#) [Samples](#) [Video](#) [Handouts](#) [Standards](#)

Show Me How Video

Difficult Situations Fun Deck helps students discuss how they would react to a variety of stressful situations. For example, "Another student keeps looking at your answers during a test." What would you do? Use these 56 illustrated cards to talk about safety, emotions, and different ways of acting in response to events that might occur. Improve reasoning, inferencing, sequencing, and memory skills too! Game ideas and content cards included. Cards measure 2½" x 3½" and are stored in a sturdy storage tin.

[Download FREE Datasheet](#)

Quantity:

FD156 - Difficult Situations Fun Deck \$12.95 [Add to Cart](#) [Wish List](#)

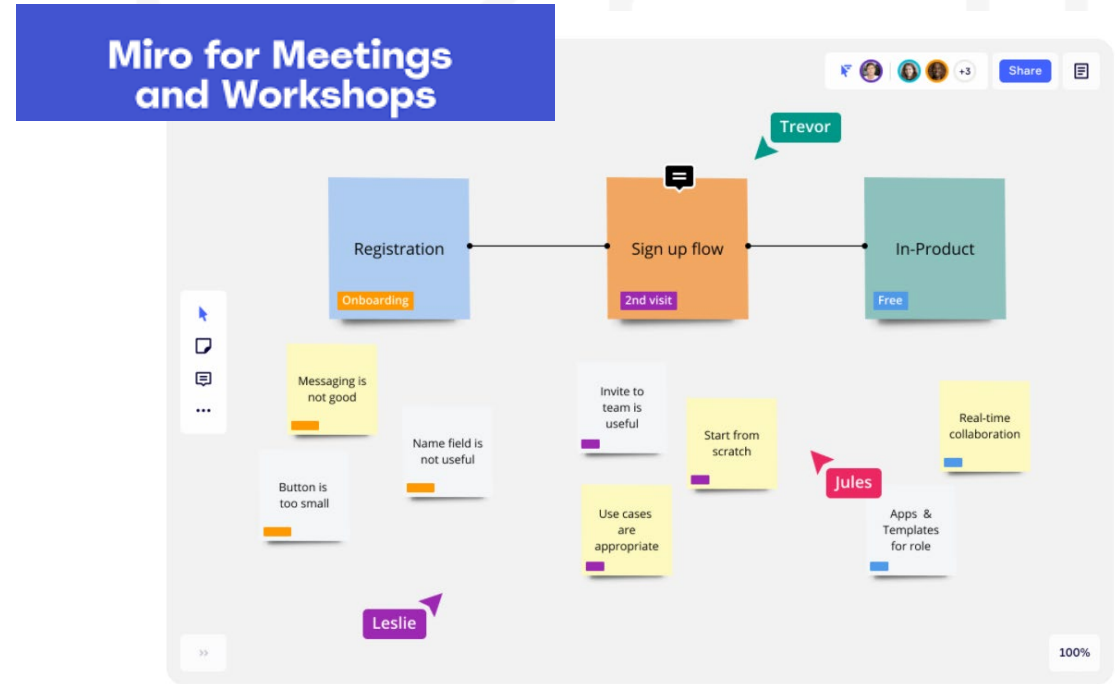
Shake up the tech

Rekindle excitement for technology at work

TECHNOLOGY

15 New Technologies That Will Become Mainstream Soon

SMART GLASSES | VR @ WORK | BRAIN COMPUTER INTERFACES



7 Ways to Watch Movies Together Online (It's Easier Than You Think)

By: [Greta Heggeness](#) | May 11, 2020

Get physical

Focus on mindfulness – the new ‘safety moment.’

9 Easy mindfulness activities for the virtual classroom

- Just listen. ...
- Easy meditation technique. ...
- Belly breathing. ...
- Alternate nostril breathing. ...
- Sensory experiences. ...
- Guided storytelling. ...
- Finger tracing exercise. ...
- Get up and move.

[More items...](#) • Sep. 1, 2020

<https://blog.neolms.com> > 9-easy-mindfulness-activities-fo...

9 Easy mindfulness activities for the virtual classroom | NEO ...

DESK STRETCHES

- Breathe easily
- No bouncing or forcing
- No pain!
- Feel the stretch
- Relax
- See Stretching instructions, pp. 77–84

1
5 sec, 3 times
p. 82



2
5 sec, 3 times
p. 82



3
5 sec, 2 times
p. 81



5
5 sec
p. 84



6
5 sec
each side
p. 84



7
5 sec
p. 84



These are stretches to do at your desk.
This program will take 2 1/2 – 3 min.

9
10 sec
p. 82



10
10 sec
p. 81



11
9 sec
each side
p. 82



12
10 sec
p. 79



Get your mojo back...

1. Start with one small win.
2. Focus on your mission, not your obligations.
3. Get unstuck by shifting your perspective.
4. Stay far from negativity.
5. Mind what you say to yourself.
6. Don't be afraid to ask for help and support.

Inc.

NEWSLETTERS SUBSCRIBE

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LEAD

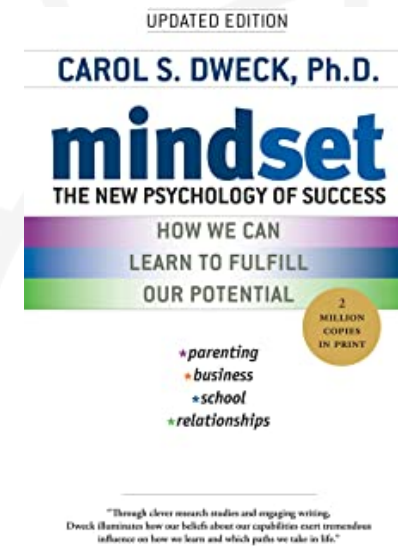
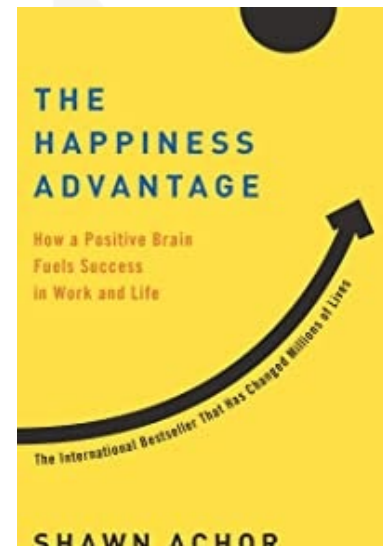
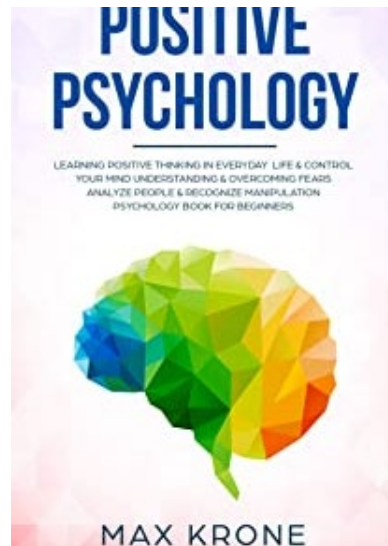
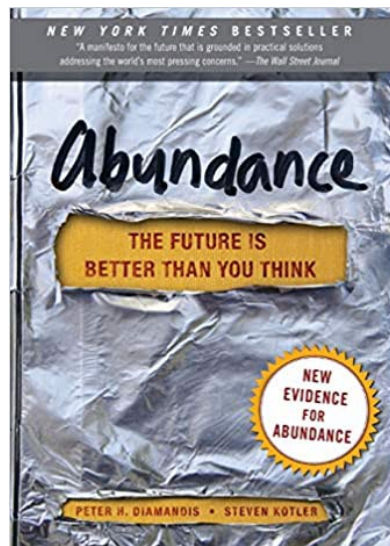
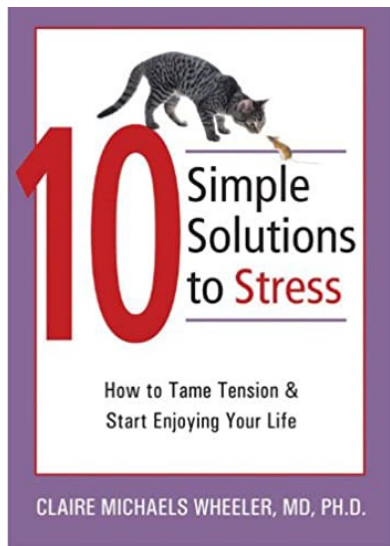
This Is How You Get Your Mojo Back After You Lost It We all have times when we lose our confidence. It's a terrible feeling--you just want your old mojo back, but you're starting to wonder if that will ever happen. [🔗](#)

<https://www.inc.com/lolly-daskal/6-simple-steps-to-get-your-mojo-back-after-you-lost-it.html>

...and make it a game!



How are you going to show up?



There has never been a better time...
for your closeup.

