Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

# Introduction to Working Remotely (Video)

COVID-19 has impacted the lives of people around the world. Travel restrictions and new rules on large public gatherings have changed the daily routines of millions of people. Many people are now required to work remotely. For some, this will be a new experience.

While advances in technology offer greater flexibility around when, where, and how you can work, this increased availability also produces unique issues that need to be addressed. This 15-minute seminar will address some of the challenges and best practices for working in a remote team to create an effective and enjoyable experience for everyone.



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