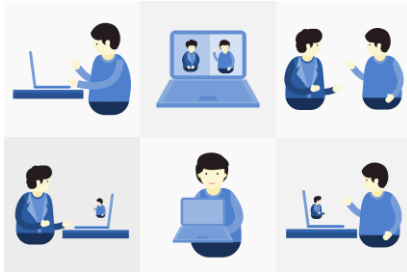


## Thriving in the Hybrid Workplace



### 1/2-day (3 hours) online training

There is no doubt that the future of work is hybrid.

Prior to the pandemic, very few organisations offered remote working, with just 5% of the workforce in the UK working remotely. Now, 63% of employers are expected to offer some form of hybrid working to employees.

Some employees have found that working from home is suitable for their needs and has improved their work-life balance. Others, particularly younger employees, miss the social element of the office. However, the majority of employees want a balanced approach to work with a degree of flexibility to allow them to flourish in the new post-pandemic normal.

This **online training session** will equip you with insights from neuroscience, psychology and behaviour science to help you thrive in the hybrid workplace.

During this **online training course** participants will learn the following:

- ⤴ What is hybrid work and how it might look like.
- ⤴ How individuals' needs are expressed in the workplace and their impact on performance, workplace relationships and well-being when adopting the hybrid way of working.
- ⤴ The social brain phenomenon and its implications for the hybrid workplace.
- ⤴ Qualities of employees who thrive in the hybrid workplace.
- ⤴ Skills for thriving in a hybrid work environment.
- ⤴ What team members can do to help each other thrive in the hybrid workplace.

This **online training** will be delivered by Zoryna O'Donnell, MBA, MSc, FInstLM, GQHP. Zoryna is an experienced coach, mentor, trainer, public speaker and author. She is an alumna of The Neuroscience Academy, a member of the International Coach Federation (ICF) and European Mentoring and Coaching Council (EMCC), a Fellow of The Institute of Leadership and Management (ILM), a mentor of the Warwick Business School (WBS) Mentoring Programme, a tutor and a coach at the Academy of Women's Leadership.

For more information about this training and for a quotation **please contact Zoryna O'Donnell** by e-mail [Zoryna.ODonnell@LMPlusConsulting.com](mailto:Zoryna.ODonnell@LMPlusConsulting.com)



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