

Creating a high performance team remotely

1. The most effective day-time recovery periods have four characteristics. Note examples of breaks/activities that integrate as many of these characteristics as possible:

Relaxing

Any activity where cognitive load decreases.

Social

Interacting with people about non-work-related topics can speed up detachment from work.

Active

Movement can improve mood, cognitive performance and metabolism.

Natural

Spending time in natural environments is associated with better recovery and improved performance.

2. Define your 'one thing' to accomplish on each day in the next week:

Day 1

Day 2

Day 3

Day 4

Day 5



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