



Hybrid Work Transition Support

Hybrid Transition Ready Series

PART 1: Transition to Hybrid

Navigating the early transition to hybrid work and return to office.

This session looks at how to navigate the early transition to hybrid work and the challenges and opportunities it brings. Wellbeing considerations of a blended environment will also be discussed along with our S.M.A.R.T. principles and practical resources to support the transition and reduce the expectation-reality gap around the realities of return.

PART 2: Hybrid Team Reset

Establishing new transition rituals and routines in a hybrid work environment.

This session will explore practical tactics in establishing new ways of working as teams come back together. We'll explore the challenges and opportunities of hybrid work upon team dynamics and highlight further resources and support for teams including strategies to consider in setting up a new Team Charter.

PART 3: Making Hybrid Work

Navigating the long game of hybrid work and tools for transition.

Developed from the emerging best practice in successful and sustainable Hybrid Work environments, this session will unpack four pillars of making hybrid work including:

- Communications and cyber-technology
- Connecting authentically and effectively
- Capabilities
- Care



Rather than being the best of both worlds, is hybrid work really a rotten compromise?

This quote from *The Economist* reflects the view that hybrid work can have a negative impact on staff morale and productivity.

A recent global survey also found more than 80% of 600 company leaders and HR professionals claimed, “*hybrid set-ups were emotionally exhausting for employees*”.

Given we are arguably partaking in the largest social workplace experiment of our time, grappling with HOW to do hybrid work well is an important workplace issue. While no one has all the answers, we're here to help.

Sharing the latest best-practice tactics and practical tips, Transitioning Well has developed a suite of programs to help your leaders and teams steer through the ongoing challenges of hybrid work and capitalise on the many opportunities it brings.

Sessions can be offered as a 'one off' or packaged up to best fit with your organisation's need and budget. Bespoke services are also available.

Hybrid Transition Add Ons

Handling Sticky Conversations

Getting unstuck in the transition to hybrid. **For leaders*

As an evolving social experiment, hybrid work can bring a host of problems from issues of employee choice to perceptions of unfairness. This workshop will arm your leaders with the practical skills and emotional intelligence to handle sticky conversations with their team members and get them unstuck with greater confidence and success.

Hybrid Hounds

Helping our pets as we transition back to the office.

With many of us spending much of the time working from home over the past two years, our pets have become more accustomed to having us around. But as we return to the office, how will your pet cope with no one at home? Transitioning Well has teamed up with canine experts from K9 Connect to give you practical tips to assist your dog to cope with long hours on its own.



Extended Wellness Offerings

- **Workforce Exhaustion:**
Practical strategies to combat exhaustion.
- **The Shadow Pandemic:**
Identifying burnout and strategies to protect wellbeing.
- **Pandemic Flux:**
Developing a 'flux mindset' in a world of constant change.
- **Life-Work Transition Hacks:**
Practical tools for building life-work wellbeing.
- **Balance to Boundaries:**
Rethinking the messy intersection between life and work.
- **Languishing:**
A heads up on the feeling of 'blah' and strategies towards flourishing.
- **Finding Flow:**
Building tools to reduce languishing and protect wellbeing.
- **The Great Resignation:**
Reducing the impact of the pandemic upon your people.
**For leaders*

DON'T FORGET ABOUT OUR COVID-19 TOOLBOX SERIES

The seven foundation tools of transition—a creative way to build practical wellbeing skills: [click here](#)

