

RETHINKING YOUR WORKING RHYTHM

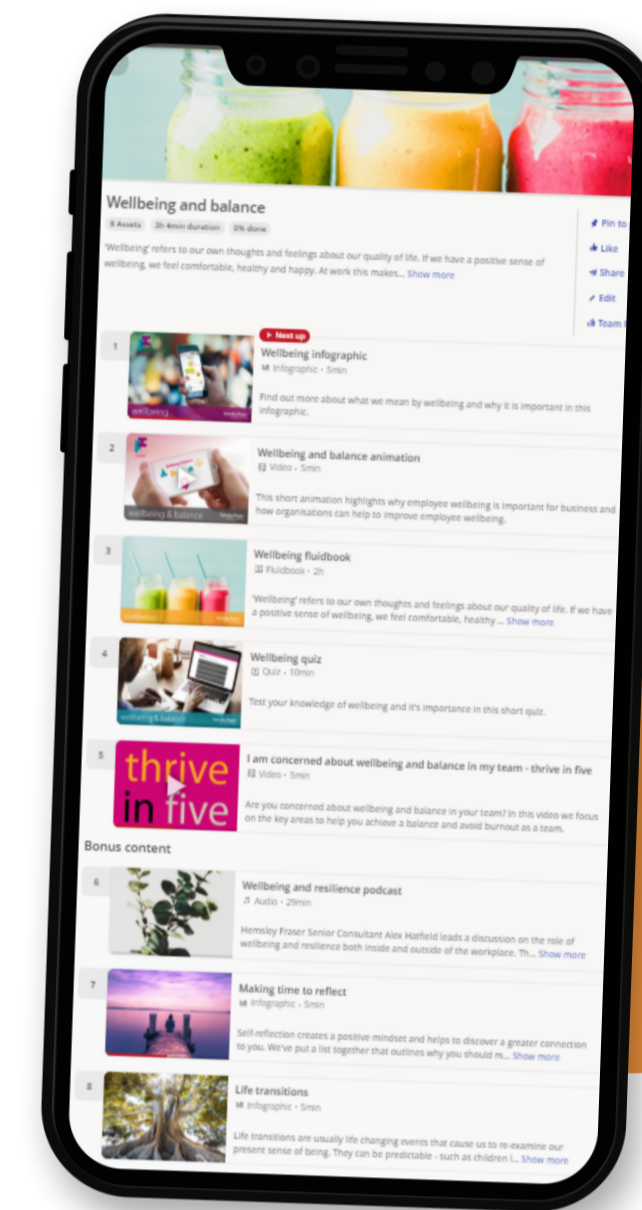
hemsleyfraser

As we are all working more virtually as part of the new normal, there is an opportunity to rethink how to organise your day to help boost your energy levels and creativity.

It is all too easy to be on back-to-back video calls, or for colleagues to book meetings or catch-ups in the only bit of space in your diary – so when do you get time to think, time to learn and time to reflect on decisions?

HF has put together this experience to support people in thinking about how to shape their working rhythm to be the most effective.

Access our Hub for content on:



TRY THE HUB

 [Click here to find out more](#)

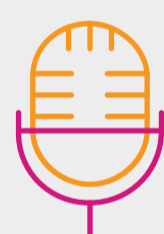
This content is delivered in a variety of ways



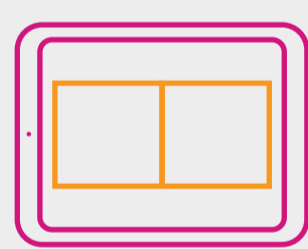
Articles



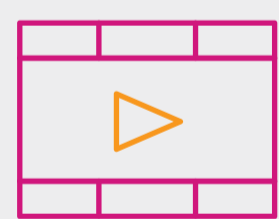
Infographics



Podcasts

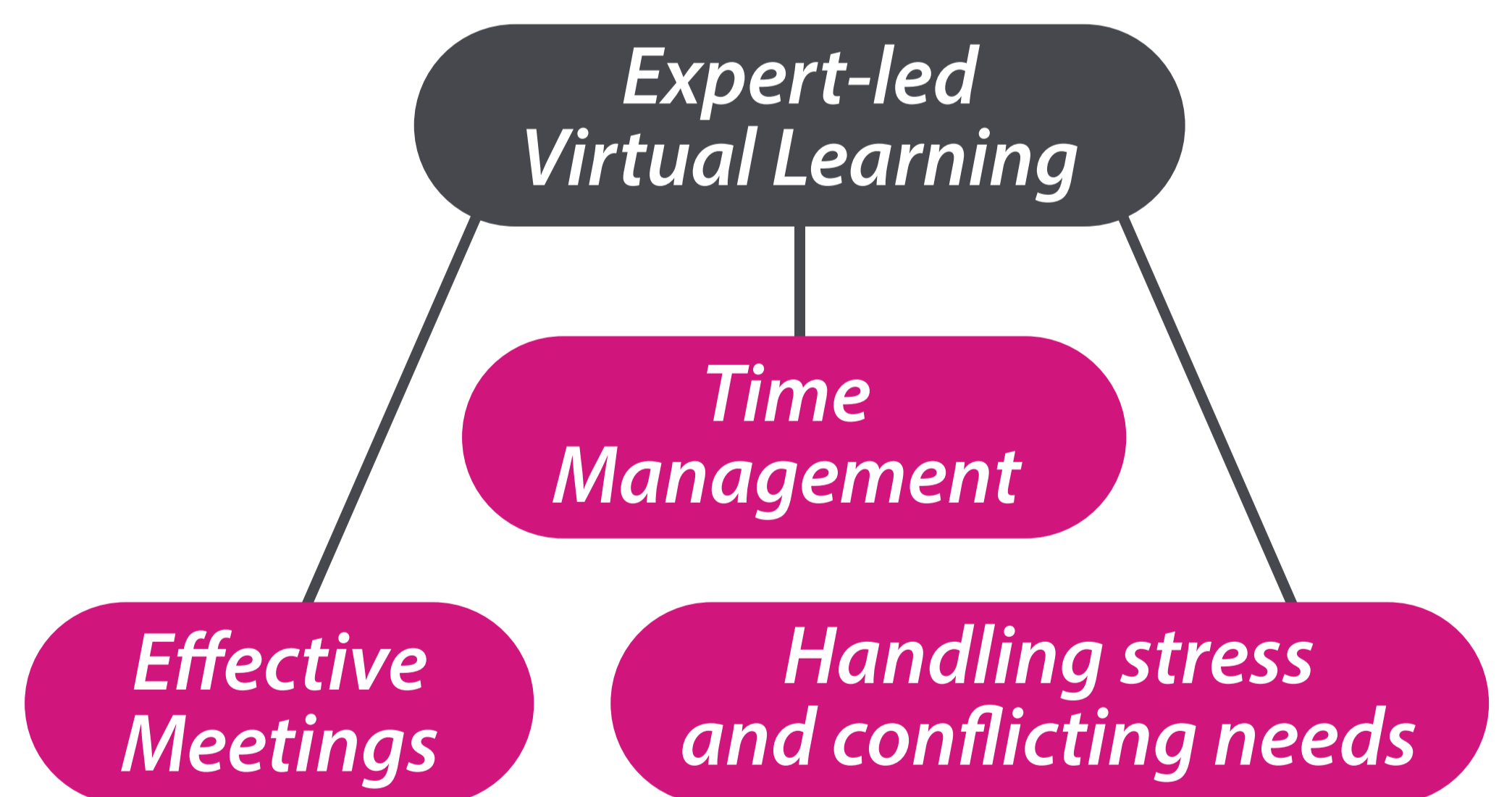


Flipbooks



Videos

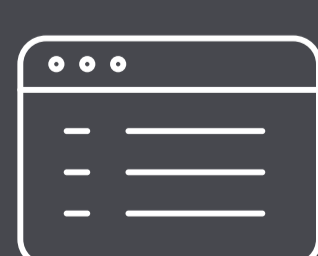
To support our digital content we have a range of virtual instructor-led classes for up to 20 delegates at a time



We can blend these online learning experiences with your content or policies around remote working. We can build or produce bespoke...



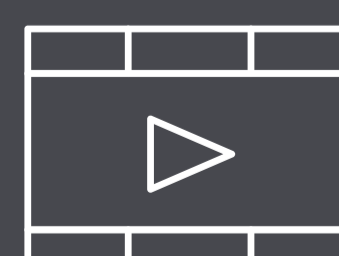
Fluidbooks



Interactive HTML's



Podcasts



News flashes/
videos

UK

0345 071 2806
hemsleyfraser.co.uk
enquiries@hemsleyfraser.co.uk

US

617-785-7925
hemsleyfraser.com
ustraining@hemsleyfraser.com

CA

438 526 8808
hemsleyfraser.com/canada
ustraining@hemsleyfraser.com

DE

69 9203 7568 0
hemsleyfraser.de
info@hemsleyfraser.de