



# REMOTE WORK LEARNING OPPORTUNITY

These courses will give you the tools you need to establish a work-life balance and set up a proper workspace to ensure productivity and success.

## Course List:

- 1: Work From Home: Health and Wellness at Home
- 2: Work From Home: Technology at Home
- 3: Work From Home: Work-Life Balance
- 4: Working Remotely

Find a complete list of courses at:

<https://catalog.mindedge.com/courses/categories/92>

## Why Remote Work Training?

Working remotely brings unique challenges to day-to-day work schedules. Technology issues can hinder your productivity and, when you're spending your whole day in the same place, it can be hard to transition from work hours to personal time.

These courses will give you the tools you need to establish a work-life balance, maintain your health, and set up a proper workspace to prevent pesky technology issues.