

EXAMPLES FOR THE TRAINER

A young accounting specialist, working from home for several months, wanted to show himself in the team.

However, he got completely lost and started setting too many priorities per day. As a result, he failed to complete all the activities on the list on any given day. His frustration grew day by day. He didn't know what the matter was, after all, he was perfectly planning the tasks and duties to be done.

However, he did not convert it into real time to complete all tasks along with natural distractions, additional meetings, emergencies and breaks, which should also be taken from time to time when planning a remote workday. One day he reached a very high level of demotivation and decided to talk to his superior. He asked him what was he doing wrong?

What should he improve? How to modify your day to be on time with all your duties at work? His supervisor replied that he should start to relax after work, and he would see that he would like to work more and would return to his duties more motivated.

The supervisor also recommended reducing the list of priorities each day, then he will see that the day is more effective, he manages to do more, and if there is time left, he will do additional tasks, which will boost his motivation to work.

