

## WORKING FROM HOME ONLINE TRAINING

### OBJECTIVES

Through your personal assessment, you will develop:

- Continued productivity
- Motivation and resilience
- Online meeting etiquette and online collaboration
- Remote conflict resolution
- Self care and mental well-being
- Setting you and your team up for success



This course discusses the new way of working. It will set your team up for success through increased self-awareness gained through Hogan Profiles and strengthen your remote communication skills and dealing with online conflicts. You will learn how to overcome the pitfalls and challenges of working from home specific to you and build your resilience when working from home.

### WHO SHOULD ATTEND?

This course is for all employees and leaders working remotely.

### DAY 1

- Professional conduct in online meetings
- Planning your day for productivity
- Ensuring personal motivation
- Selfcare and mental well-being
- Resilience

### PRACTICALITIES

- **Hogan personal Assessment**
- 25 min online individual feedback
- 2 online sessions for the group
- live training at our eLMS
- Total time spent on course is around 4 hours + assessment and feedback
- Number of delegates: 12
- Further info:  
[info@anduve.ae](mailto:info@anduve.ae)  
[elearning.anduve.ae](http://elearning.anduve.ae)  
[www.anduve.ae](http://www.anduve.ae)



**Course Coordinator:**

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### BEFORE DAY 2

25 min individual feedback on your individual Hogan Profile

### DAY 2

- Setting yourself up for success
- Understanding yourself and others better
- Online collaboration and better online working relations
- Increased remote conflict prevention and resolution
- Stay strategically visible
- Keeping social relations with your remote colleagues

### AFTER COURSE

Further resource list available  
Certificate of Completion

Based on profound HR, Sales, and Senior Leadership experience achieved with companies in European and Arabic settings, we support your strategic growth to enhance your business.

We use **Hogan Assessments**; a global market leader based on behavioral science, and personality test tools **trusted by 75% of the Fortune500 and Middle East companies.**

### TRAINING APPROACH

Anduve's training is purely online based, following recent developments due to Covid-19. We support your team in a safe manner and are able to include staff from multiple locations.

Our training is based on dynamic psychology and cognitive behavioural rationale. We train employees to make concrete behavioural changes, gain flexible mindsets and develop agility with focus on self awareness, job performance, and business impact.



ANDUVE is the nautical term for approaching the shore; ANDUVE's services are there for you and your business to approach your potential and grow stronger; Just like the Arctic Puffin only approaches land during breeding season, ensuring the entire flock grows.

**We call it approaching with purpose**



**Birgit Tinggaard**

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