

TaylorMade

WORKING FROM HOME!



SPONSORED BY: TAYLORMADE GLOBAL



SMALL BUSINESS SOLUTIONS



TaylorMade

#working from home

TODAY'S DISCUSSION

TOPICS

- Dedicated Workspace
- Stand Up Often
- Get Fresh Air
- Internet Connection
- Communication is Key
- Work From a List
- Be Phenomenal

EXPERIENCE

Andra C Taylor Jr is a Digital Business Strategist & Consultant who partners with CEOs, Executives and Entrepreneurs to grow and further their personal and/or professional brands. After spending nearly a decade using these skills in various industries, Andra knows what truly drives small business success.

ANDRA C TAYLOR JR



Small Business Consultant

REDUCE STRESS BY

50%

Reduce the stress when working from home by employing these 7 strategies.

They will enable you to get more done, be more effective and enjoy the experience of working from home.

Reach out if you would like to gain more insights and information to stay in control of your stress while working from home.

taylormadeglobal.com



1. SET A DEDICATED WORKSPACE

CREATE ROUTINE + DISCIPLINE FOR SUCCESS

Habit and psychology are a powerful combination and help tremendously when working remotely.

Your mind works better with positive triggers + routines that guide your steps, consistently.

2. STAND UP AT LEAST ONCE PER HOUR

Health is often neglected when working from the comfort of your home because often you are not required to move.

Remaining stationary for long periods of time leads to poor circulation and poor health and should be avoided at all times.



3. GET FRESH AIR AT LEAST ONCE PER DAY



To the greatest extent possible, take breaks and leave the comfort for your workspace if only for moment to get a change of scenery and fresh air.

This simple act helps clear your mind, re-energize you body and improves your overall performance.



“Taking a break can lead
to breakthroughs.”
–Russell Eric Dobda



"In the digital environment, you don't want to be held back by slow internet speeds."

-ACTJ

4. GET THE BEST **INTERNET** CONNECTION POSSIBLE

Speed makes all the difference when working in a virtual environment.

Avoid frustration by getting the best possible internet speeds you can afford.

If possible, always use a wired connection (Typically at least 10x faster than Wifi on the same connection).

Test your connection speed online and match according to your work needs.

5. COMMUNICATION IS KEY

When working from home or practicing social distancing, communication is still very necessary.

Humans are genetically programmed for connection and community. Just because we are separated via a digital interface, doesn't mean we don't still need to connect, converse and engage with others.

Build this connection into your work from home + social distancing routine. It makes all the difference.



TaylorMade

"Social connection is such a basic feature of human experience that when we are deprived of it, we suffer."
-Leonard Mlodinow

6. WORK FROM A LIST

Increase your productivity, focus and clarity to execute by working from a written list.

It's extremely easy to get distracted when working from home and you definitely need an agenda to stay on track.

This technique improves output by a minimum of 20% and provides needed clarity.



A black and white photograph of a woman with long dark hair, smiling and looking directly at the camera. She is holding a white rectangular sign in front of her chest with both hands. The sign has the text 'WORK SMARTER NOT HARDER' written on it in a bold, black, hand-drawn font. The background is a solid blue color on the left side, which appears to be a torn paper effect.

**WORK
SMARTER
NOT
HARDER**

If you work smarter you are able to get much more accomplished, which may lead to freed up time to focus on other areas of interest.

A lot of times a workplace environment leads to increased distractions and reduced productivity overall.

This may be avoidable provided a distraction free home environment.

#SMALL BUSINESS SOLUTIONS

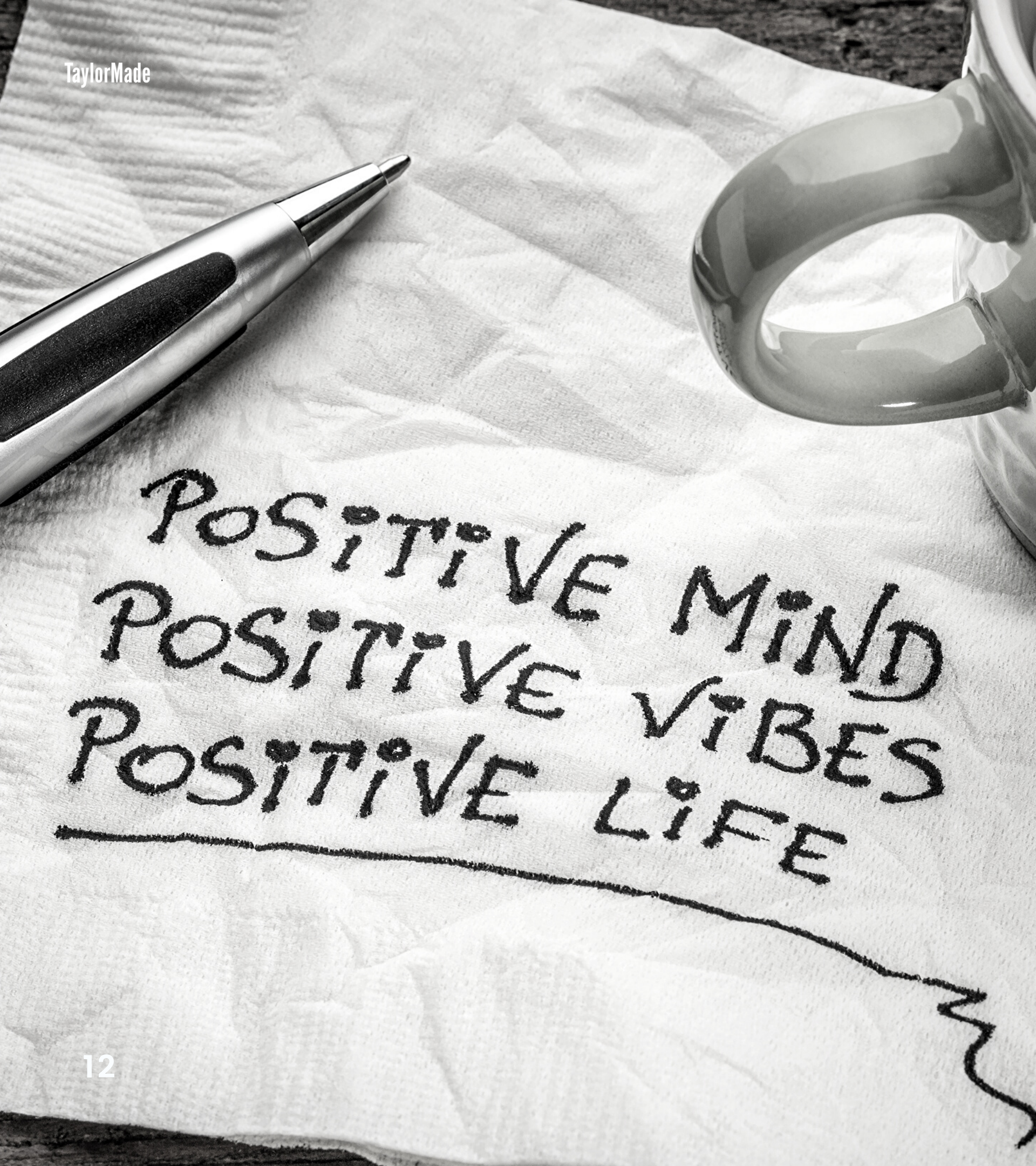
Set your Top 3 most important tasks for each day and work on those tasks first until completion.

7. BE

PHENOMENAL

Prepare yourself for greatness!





#SMALL BUSINESS SOLUTIONS

SPREADING POSITIVITY!

Now more than ever positivity is
needed.

Remember to send an encouraging
message, bless someone with a
cheerful phone call or do a random
act of kindness.

It matters.

Food for Thought

**“ADAPTABILITY IS A MOST
DESIRABLE HABIT OR QUALITY
FOR SUCCESS IN LIFE.”**

SIVANANDA SARASWATI

TaylorMade

SOLUTIONS

RESOURCES

Access these resources curated to help Small Business owners THRIVE!!

taylormade.solutions/resources

taylormadeglobal.com

taylormade-events.com

taylormademediamedia.io

tmhosts.com

taxwealthdoctors.com



tayloromadeglobal.com