## Ask Yourself



As we transition (or not) back into our workplaces, or even slightly back into our pre-COVID 19 practices as organizations, we have the chance to leverage our experiences and spark change. Here are some questions for you and your team members to dive into:

## WHAT IS MY 'NEW NORMAL'?



What is something you crave from your pre-pandemic work/ life experience?

It could be anything from water cooler chats to being further away from your snack cupboard.



Where have you created efficiencies in your new work/life setup?

E.g. has your lack of a commute allowed you to spend more time with your loved ones, creating more balance?



What is an element of your pre-pandemic workday/week that you would like to just throw right out the window?

Did something not make sense before and now it is even more clearly a poor use of your time?



What is a systemic or cultural change that could be made within your organization that would increase your quality of life as a professional?

E.g. four-day work week, flexible hours, the ability to work from anywhere.

The best ideas come out of collaboration. We'd love to hear your thoughts!







