



As featured in  
Personnel Today

## Switch-Off Webinars

In today's connected world, the lines between work and rest are blurring. Homeworking blurs these lines even further! Our rest time is impacted by work and work-related thoughts. It can be difficult to switch-off.

### How do we find our 'off-switch' when working from home?

An April 2020 survey from the IES found that half of employees working from home are unhappy with their work-life balance. These same people were working longer and more irregular hours.

There is a growing body of research to show that when we rest smart, we work smarter.

#### Webinars

Our interactive webinars give people the tools to take control of their work and rest routines. Here's a taste of what we cover:

- How to stop 'wobbling' between work and rest during our downtime.
- What does the research tell us about rest?
- Using a simple morning routine to energise your day.
- How our beliefs about work and being busy can sabotage us.
- Q&A session to tackle your specific challenges.

#### Who We've Helped to Switch-Off?

For the past three years we've been helping companies like Skybet and BT to switch-off from work. Here's what they had to say about our workshops.

*The session was entertaining, engaging and packed with practical tips for improving our performance by placing a greater emphasis on how we recharge during our downtime.*

*The Rest Bandit was the best yet! Absolutely loved it. Hopefully, implement some useful tactics into my day to day life.*

Contact us on [paul@restbandit.com](mailto:paul@restbandit.com) to explore how we can support your business to rest smart and work smarter