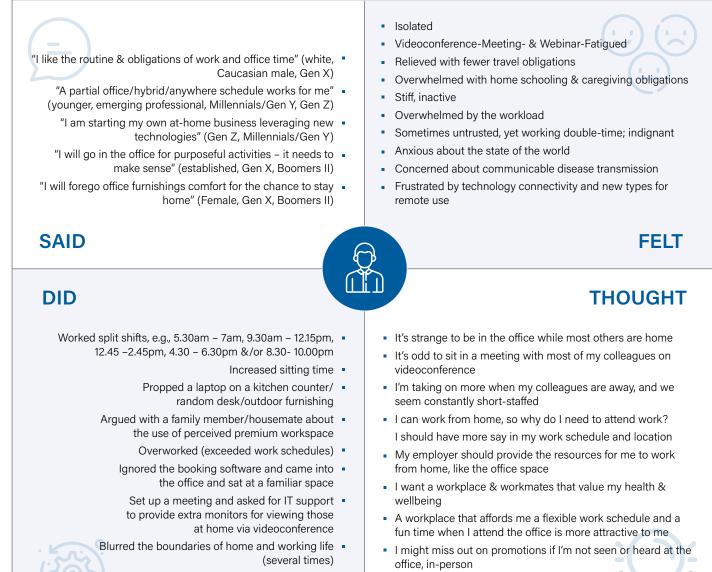
EMPATHY MAP HYBRID OFFICE WORKER DURING THE PANDEMIC



 I feel more efficient when I have some time away form the office to "catch up" on communication and planning activities

PAIN

- » Isolation
- » Hard to maintain fitness and activity schedules
- » Congestion at home when others are working/studying from home too
- » (Sometimes) inadequate working space for focussed and concentrated work
- » Difficulty to "switch off"
- » Less support managerial, operational, and technical
- » Reduced connection with others
- » Confused by frequent changes to working strategies

GAIN

- » Flexibility
- » More discretional time, in some instances (less transit time)
- » Fewer workplace politics to manage
- » More autonomy
- » Relaxed appearance
- » More forgiving of self and others, understanding of family "intrusions"
- » Savings on transit, parking, clothing
- » More time with pets, home project undertaken

Empathy Map - Hybrid Office Worker © ViVA health at work 2022