



BASECAMP

Being well and working well in a virtual world



The current pandemic is having a strong impact on our life and work routines. For many of us working entirely virtually is challenging. In addition to the work challenges there are personal and social challenges and many people are working with heightened anxiety – and cannot rely on their usual habits to help them be effective or relax. This program helps all working in this new manner to cultivate good personal habits of being well and working well in a virtual environment – and even give the experience a sense of purpose and meaning.

Content

The program covers 4 weeks. Each day of the program has exercises, reflections or advice in a number of streams. Over the course of the 4 weeks, there are 12 modules per stream.

- **Being well** – Learning practices of mindfulness, relaxation, resilience, etc. to ensure we take care of our mental and emotional wellbeing. In these times our usual methods of recovery and balance might not be applicable, while at the same time anxiety is heightened – so it is an important time to learn new habits.
- **Working well** – Advice and tips for working well from home – in an emotionally balanced and effective manner. A key insight for working in difficult times is that the feeling of efficacy is important – people want to get things done but struggle with unfamiliar technology and routines. This in turn deprives them of their energy and they become frustrated if they are not proactively taking care of adapting to the new environment.
- **Caring well** – Advice and exercises for families and loved ones to ensure that our home life is healthy and nourishing in this challenging time. For many home and work life are colliding and there is a need to establish new family routines.
- **Living well** – Challenging times are also times to learn new ways of being and behaving. This helps us to give these times meaning. This stream provides advice and exercises to learning new habits and giving our experience meaning so that we emerge from this with a new perspective.

Program Overview

4 week program

- 5 virtual webinars in large groups.
- Small breakout groups in webinars.

4 streams with exercises and tools on an app

- Being well – Mindfulness and resilience practices.
- Working well – how to work effectively and with good balance in home office.
- Caring well – how to handle the work life blending and also take care of our loved ones.
- Living well – how to learn new habits in this time and give this period meaning.

Pulse surveys

- What are current challenges people are facing?
- What is their outlook?

Being well - Short exercises to cultivate.

- Relaxation
- Mindfulness
- Focus
- Presence

Working well - Advice, tools and exercises for effective working in home office environment.

- Setting up
- Scheduling
- Remaining focused
- Breaks and Variety
- Visual signals and channels in virtual work

Caring well - Advice and exercises for managing the blending of work and family life and ensuring the wellbeing of everyone.

Living well – Advice and reflections to enrich the days and make the period a learning journey.

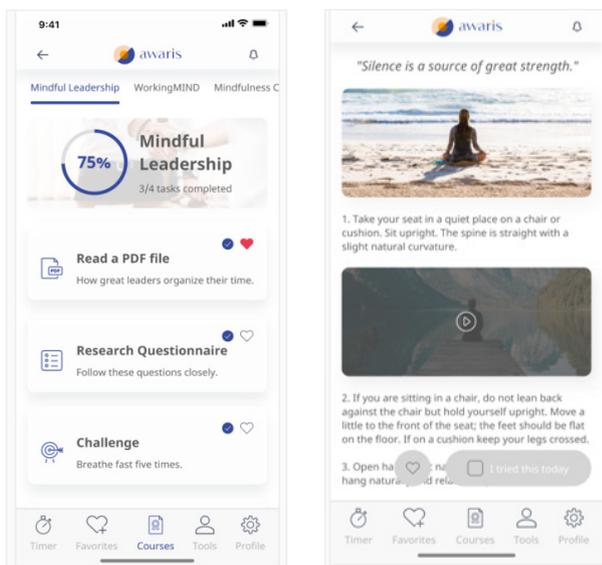
Base Camp Programm Structure

Large virtual gatherings weekly



Weeks and Tasks

Reaching learning objectives step by step



- Course consists of multiple weeks (4).
- Every week consists of multiple tasks and exercises.
- Weekly progress reflects open tasks.
- Task examples:
 - Complete a reflection
 - Do a practice
 - Do an exercise with the team
 - Watch a video (local and web)
 - Fill out a questionnaire
 - Join Zoom-Meeting
 - ...