

Thrive at Work from Anywhere

GoSkills online course syllabus

Skill level

Beginner

Lessons

19

Accredited by

Verified by GoSkills

Pre-requisites

No prior experience needed

Video duration

44m

Estimated study time

44m 2s

Instructor

Sarah Aviram

Introduction

1 Thriving wherever you are

Thriving at work focuses less on where you are physically and more on finding enjoyment from what you're doing.

Preparing to Thrive

2 Uncover work you enjoy

Having the freedom and flexibility to work from anywhere is desirable indeed but it can also be a band aid solution for a much bigger challenge.

3 Identify your motivators

There are 6 main drivers of your career decisions that have the potential to increase your levels of fulfillment and performance.

4 Capitalize on benefits

Part of excelling in a remote environment is embracing all of the benefits that can come from it.

5 Overcome challenges

There are various considerations to working remotely that can pose challenges, such as time zones or miscommunications.

Minimizing Obstacles

6 Prioritize yourself

The more you invest time, commitment, energy, and resources into your education, career, and decisions, the more they become part of your identity.

- 7 Empower yourself**
Discovering what kind of work is right for you — instead of what's right, period — has never been so challenging.
- 8 Assess your performance**
One of the surest ways to know if you're falling into a rut is when you recognize that the level of your performance isn't as high as it used to be.
- 9 Stop unwanted inertia**
Inertia can motivate you to do your work today simply because you did it yesterday, not because you find it fulfilling.
- 10 Embrace change**
Your ability to handle change depends on your experience, your life-stage and your personality.

Optimizing Opportunity

- 11 Clarify your current impact**
The more you understand the value your work currently provides, the more motivated you'll be to come up with the best solutions.
- 12 Develop skills and experiences**
To prepare for the future you want, you must start by acquiring the knowledge you need.
- 13 Create your mission statement**
In order to feel more motivated and fulfilled by your work and its purpose, your impact must align with your greater vision, dreams, or goals.
- 14 Enhance team collaboration**
When you're remote and working on a team, you might face unique challenges, but you also face unique opportunities.
- 15 Transform dreams into actions**
Connecting to your career development is crucial for any trajectory.

Realizing Benefits

- 16 Assess your energy**
Knowing what kind of work and activities energize you is valuable in identifying what tasks you enjoy most.

17 Prioritize impactful fun

Prioritizing and making time for enjoyable work doesn't mean you'll limit the level of impact you can have on your organization, business, or clients.

18 Practice gratitude

Gratitude can help you to experience more positive emotions — optimism, enthusiasm, love, joy, and happiness.

Conclusion

19 Making it happen

If you want to make changes based on what you've learned from this course, but if you haven't yet, you might still have some fears holding you back.

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