



# WORKING FROM HOME





# WHY THIS CONTENT?

- Workplace has changed!
- Work from home is here to stay for a good while
- Experience: work from home since 1997



*Skreeeechhhh  
hshhhshshshh  
hsheeeeshhh*





# WORK FROM HOME TOPICS

**Setup**



**Tech**



**Family**



**Health**



**Work Life**





# HOME SETUP

- Dedicated space / room
  - Close everything at closing time
- Area so you can focus, away from distractions

## Work from home



**Expectation**

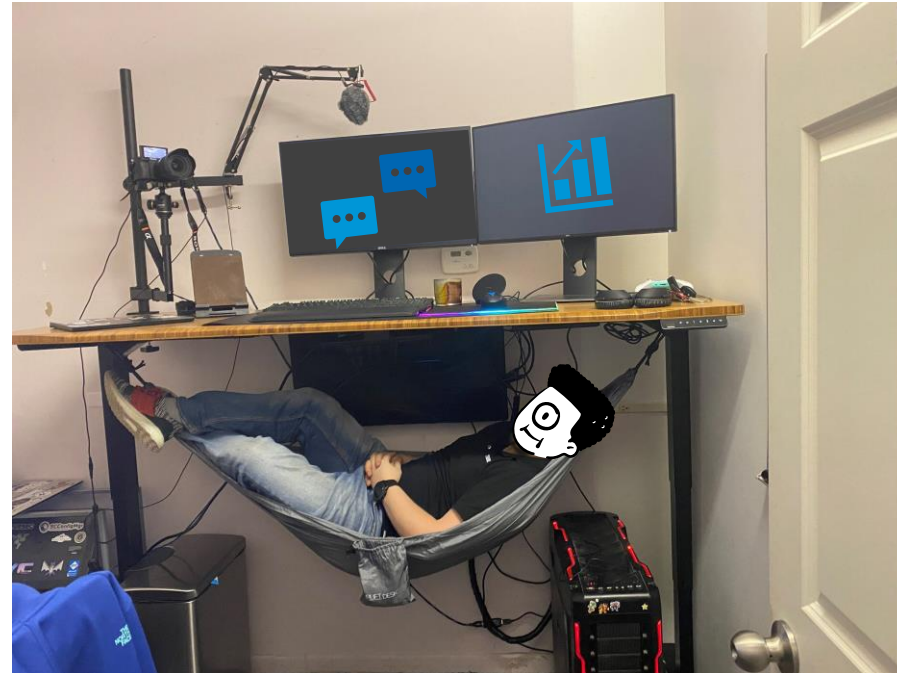
**Reality**





# WORKSPACE

- Ergonomics:
  - Monitor(s)
  - Full keyboard & mouse
  - Quality chair
  - Desk space
  - Lighting & heating
  - Noise (🐕)
  - Emergency work outfit for digital meetings





# TECH: ISP BANDWIDTH

- Acceptable minimums (upload/download = same)
  - Zoom HD Group of 20: 2Mbps
  - Zoom HD Group of 49: 4Mbps
  - VPN to HQ: 5Mbps
- Acceptable minimums (upload/download = different)
  - 4K Netflix: 25Mbps ▼
  - HD YouTube: 4Mbps ▼
  - League of Legends: 5Mbps ▼ /1Mbps ▲
  - Fortnite: 3Mbps ▼ /1Mbps ▲





# TECH: WIFI IS LIFE

- Size of property
- Number of users & devices
  - ISP router good enough?
- Signal obstacles for us:
  - Desired signal strength: -60db or less
  - Wood, concrete, metal, 6 “half-floors”
  - Heated floors (green lines)
- Complex situations: WIFI mesh
  - Consumer or business-class equipment?
  - Wired or wireless mesh?
  - Cabling alternatives to Ethernet: powerline & coax (MoCA)
- WIFI optimization: channels
  - Condo/apartment buildings





# FAMILY LIFE

- Kids: rules.
  - “When the sign is active..”
  - Schedules
    - Work
    - Activities
  - Responsibilities
- Pets: fun!
- Food:
  - Slow cooker is a must: [ricardocuisine.com](http://ricardocuisine.com)
  - Meal planning: [cookingfortherushed.com](http://cookingfortherushed.com)







# HEALTH

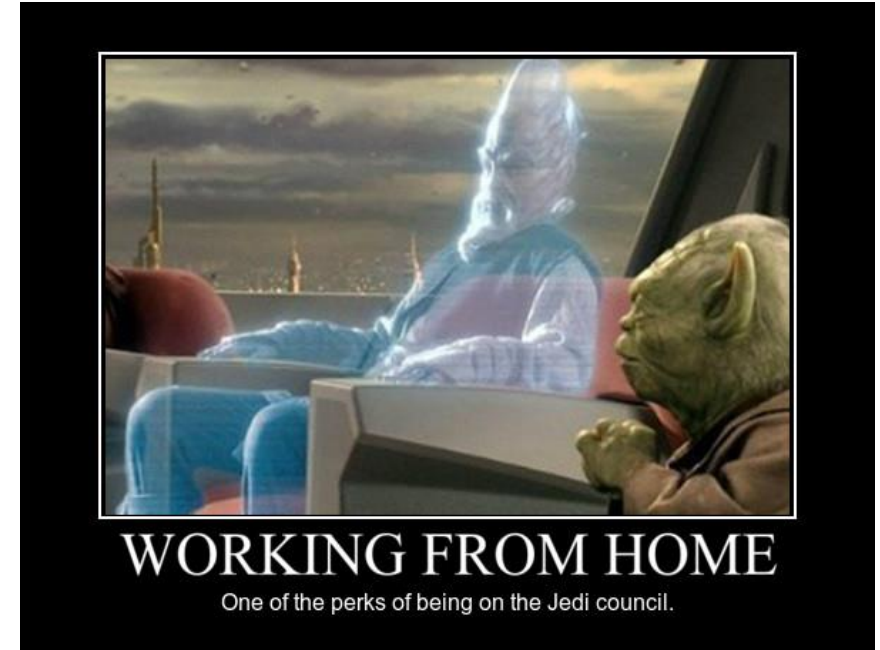
- Physical
  - Less commute → less footsteps
  - Snacking opportunities
- Mental
  - Dress up
  - Discipline
  - Isolation
  - Go out for lunch & local park lunch group
  - Sunlight, lighting & home automation





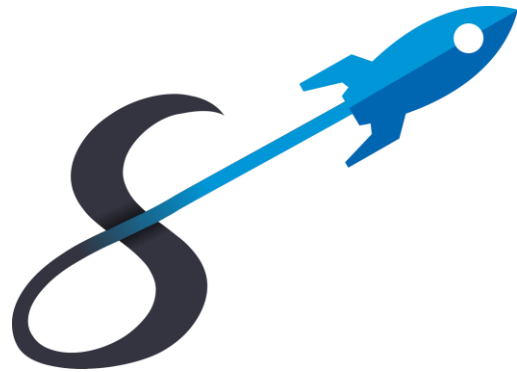
# MANAGING WORK LIFE

- Now what?
- Trust is the new key
  - Trust in employees and trust in management
  - Legal implications of tracking tools
- Objective-based employee management
  - Steal a page from sales!
- Respecting time zones & coworker schedules





# THANK YOU



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