

EMCR Forum virtual catch-up

THE JOURNEY TO WORKING FROM HOME

Hosted on Thursday 16 April 2020

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This virtual catch-up focused on the challenges and lessons learned by early- and mid-career researchers (EMCRs) during the transition to working from home. The event was an opportunity to share ideas, tips and must-haves to support researchers in dealing with the new 'normal':

- If you miss bouncing ideas off your colleagues at the office or lab, try organising a virtual office once or twice a week. Keep a live feed with people you usually work with in an effort to replicate an office environment.
- Get out of your pyjamas every morning to help you start your day.
- If possible, maintain a daily routine. Find something that works for you, and that helps you define the lines between 'home life' and 'work life'. We understand that this might be challenging if you have caring responsibilities.
- Obtain clear communication from supervisors about the steps you should be taking to transition to working from home. Access to practical advice makes a huge difference.
- Employers must recognise that this is not business as usual and that productivity levels will change. Support and information from your organisation are key to help deal with guilt from productivity loss.
- **Be kind to yourself and those around you.** The current circumstances are unprecedented, and we are all coping with change in different ways.