

"This *Thrival Guide* will help you and your team navigate the challenges of working from home with simple, practical and scientifically proven practices and tools to give you the results you desire. A must read for everyone!"

– Marshall Goldsmith, *New York Times* #1 bestselling author of *Triggers*, *Mojo*, and *What Got You Here Won't Get You There*.

WFH is a resource book designed to provide immediate tools and tips for **managing stress, practicing resilience, leading your team from home, maintaining your brand in a virtual world, self care, creative and resourceful parenting** while coping with kids at home.

WFH can help **cultivate a growth mindset, reinforce emotional intelligence and reinforce effective leadership qualities** for all your talent working remotely. Build new habits to sustain and help you thrive beyond sudden changes and the unknowns of the future.

This is the ultimate global experiment for businesses and individuals to explore what's possible as we pivot from bricks and mortar mentality to virtual business possibilities beyond 2020.

Let us partner with you to help you support your most precious resources.



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[www.workfromhome.expert](http://www.workfromhome.expert)



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A **THRIVAL GUIDE**  
for Challenging Times and Beyond

- ✓ **Manage Stress**
- ✓ **Practice Resilience**
- ✓ **Resourceful Parenting**
- ✓ **Lead Your Team Remotely**
- ✓ **Maintain Your Brand Virtually**
- ✓ **Improved Sleep and Self Care**

Linda Newlin