Work Well Remotely:
Healthy Habits at Home

Focus when you're on. Recover when you're off.

This session gives people simple guardrails, energy resets, and focus rituals to work effectively from home without burning out.

WHY IT MATTERS: Fewer interruptions. Steadier energy. Consistent output across time zones.

> **"This class opened my eyes"**
>
> *Detailed advice that can boost productivity & focus today! Marcey outlined the science behind her solutions and why & how they can work for you. I will definitely be signing up for future classes."*
>
> **Marsha Morales**
> Co-Founder, Humble House Foods, Inc.

ATTENDEES LEARN TO:

- **Boost energy** with movement breaks and timed focus sprints
- **Start and shut down** with quick routines that prime brain and body
- **Upgrade your setup** and midday habits:

PERFECT FOR:

Remote and hybrid employees, frequent travelers, anyone seeking tech-life harmony.



Formats: Keynote, Breakout, Workshop. Virtual or hybrid.
Pairs well with: Manage Well Remotely, Everyday Energy, Reclaim Your Workday
Popular add-on: Powered Path Goal-Achievement Program & Ask Me Anything follow-up
CTA: *Book this session to build sustainable remote habits that protect energy & performance.*

BOOK A CONNECTION CALL