

Reflective tool: Hybrid Working Wheel

Prompts:

What works well?
What would you change?
What is causing stress?

What would you like more of?
What would you like less of?

What would you change if money was no object?

What would someone else like about your set up?



Template

Hybrid Working Skills Matrix

Digital skills + capability

Identify strengths and areas for development.

Role + responsibilities

How does your role shape your working day?

Home-working set up + context

Are you a recent, experienced or long-term home worker?

Hybrid Working Habits
for Digital Wellbeing

Template

Digital Wellbeing Roadmap

**Digital skills
+ capability**

**Role +
responsibilities**

**Home-working
set up + context**

+

+

Hybrid Working Habits
for Digital Wellbeing