

BE YOUR BEST SELF

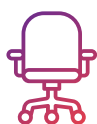


**HYBRID  
LIFE  
SURVIVAL  
GUIDE**

WITH ALL THE  
TALK ABOUT  
HYBRID WORK,  
IT'S IMPORTANT  
TO REALISE THAT  
IN STRIKING THE  
RIGHT BALANCE,  
**WE NEED TO  
FOCUS ON OUR  
HYBRID LIFE.**

From constantly refreshing our newsfeeds for the daily case numbers whilst also trying to tackle year 6 long-division, to always striving to be the best parent, colleague, partner, and everything in-between. We're not our best self, when we're every self.

**Our Hybrid Life Survival Guide equips you with the tools you need to be your best self, both in and out of work.**



### **Erin's 'work from anywhere' approach**

Take a photo of your empty work chair and set it as the background of your preferred vidcon app. Then it looks like you're in the office even when you're not.

**PRODUCTIVITY**

**AT WORK**

**RELIES ON**

**ACTION**

**NOT LOCATION**



**Jackson is staying caffeinated and sane**

Keep a routine by leaving the house for a morning coffee... the best 20 minutes of 'me time' every day!

The background features a central diamond shape with a dark purple marbled paper texture. This diamond is set against a larger background of a lighter purple marbled paper. The four corners of the image are filled with triangular sections of red and orange marbled paper, separated from the central purple areas by white diagonal lines. A solid white line descends from the top vertex of the central diamond, transitioning into a dotted white line that ends in a small white downward-pointing arrowhead. A similar dotted white line descends from the bottom vertex of the central diamond, also ending in a small white downward-pointing arrowhead.

BE YOUR BEST SELF  
**BEATING**  
**PRODUCTIVITY**  
**THREATS**

# HIP WORKOUT FOR HIGH INTENSITY PRODUCTIVITY



**Decide on a task**



**Set a 25 minute timer**



**Work, work, work!**



**Take a 5 minute break**



**After repeating the cycle  
four times, leave your desk.  
Take a well-deserved break!**

THE FUTURE OF WORK  
IS MOST LIKELY REMOTE  
AND HYBRID

**THE NOTION OF  
PUTTING 7,000  
PEOPLE IN A  
BUILDING MAY  
BE A THING OF  
THE PAST**

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*CEO BARCLAYS BANK, 2020*

**Andrew's pump-up session!**

Get those joggers on and run  
away from your work. You'll come  
back with a fresh perspective!





Get out of the office and into the kitchen to break up the day!

## Tom's Chocolate Coconut Almond Balls



### INGREDIENTS

- × 200g Desiccated Coconut (plus extra for garnish)
- × 100g Icing Sugar
- × 75g Almond Meal
- × 1 tsp Salt
- × 1 tsp Vanilla Extract
- × 200g Sweetened Condensed Milk
- × Dark Chocolate
- × Whole Almonds



### METHOD

1. In a large bowl mix together coconut, almond meal, sugar, salt, vanilla, and condensed milk. If the mixture does not hold together add more condensed milk until it holds its shape when pressed together.

*\* Optional – toast half the coconut in a dry pan on medium heat, constantly stirring until the coconut turns golden brown. Adds a delicious, toasted flavour.*

2. Roll the mixture into 1-inch balls and place on a wax paper lined baking sheet. Freeze for 20 minutes.
3. Break chocolate into smaller pieces and add to a microwave safe bowl. Microwave chocolate in 30 second intervals and stir between to ensure the chocolate does not burn.
4. Remove the coconut balls from the freezer and individually roll in melted chocolate to coat.
5. Place back on a wax paper lined tray and sprinkle with more coconut and top with an almond..



### ENJOY!

Gobble up these delicious treats and share this recipe with your friends and family!!



# BACK TO REALITY

POWERED BY MIEACT

GOING BACK TO THE OFFICE  
MAY SEEM LIKE THE DREAM,  
BUT IT'S IMPORTANT TO  
**ACKNOWLEDGE THAT  
THIS CAN BE A BIG STEP.**

IF YOU'RE FEELING  
OVERWHELMED OR  
ANXIOUS, TRY ONE OF  
THESE TIPS **FROM OUR  
FRIENDS AT MIEACT.**

# 1

Take a breath

# 2

Alternate nostril  
breathing

# 3

Take a break

## EAR TO SHOULDER STRETCHES

Inhale, sit up straight.

Exhale, drop right ear to right  
shoulder.

Inhale, bring head back to centre,  
exhale, left ear to left shoulder.

Repeat.

**mieact**

A safe space for  
mental health education

Learn from the masters and complete  
MIEACT's [Alternate Nostril Breathing  
technique](#) to reduce anxiety, clear  
your mind and support overall  
mental health and wellbeing.



**Jason's WFH Mantra**

Gelato Messina is on Uber Eats  
to feed your feelings.





COMFORT IS KEY

**98%** OF OUR TEAM  
SAY THAT STRETCHY  
PANTS PROMOTE  
PRODUCTIVITY

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*\*THIS IS MAY OR MAY NOT BE A REAL STATISTIC  
BASED OFF NO ACTUAL SCIENTIFIC EVIDENCE*

*(BUT IT IS COMFY)*



#### Zoning out to zone in

Putting noise-cancelling headphones on, with nothing playing, can dull room and ambient noise to give your mind a break from over processing.

# TEAMS BACKGROUNDS

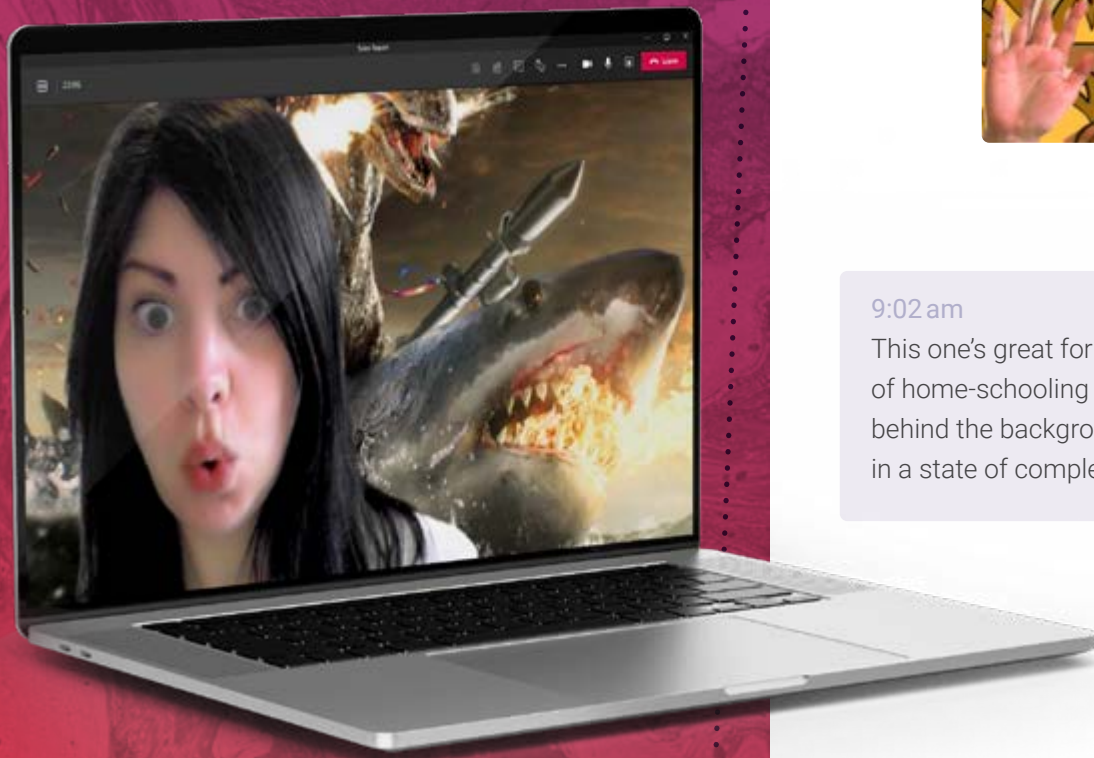
TO MAKE YOU LOOK LIKE  
YOU'VE GOT IT TOGETHER  
(OR NOT)



cXp'er Lizzie has curated and shared her favourite video meeting backgrounds.

There's one for all occasions!

**TOP TIP! THE MORE EXPLOSIONS YOU HAVE IN THE BACKGROUND, THE CALMER YOU APPEAR. YOUR MANAGER WILL BE SUPER IMPRESSED!**



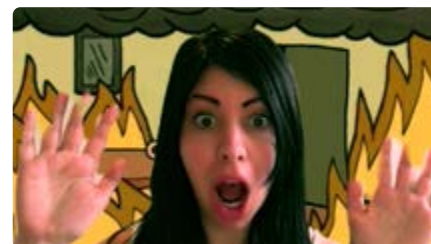
"People don't come to see the tigers. They come to see me."



"That's all."



You can now take that holiday you have been hanging out for right from the comfort of your desk!



Everything is FINE!

9:02 am



This one's great for hiding the chaotic reality of home-schooling kids that's occurring behind the background. Really shows you're in a state of complete calm and serenity.



[Download](#)





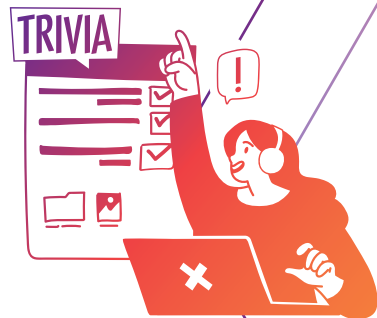
THE POWER  
**OF YOUR**  
**TEAM**

WHETHER IT'S HEADING OUT FOR A WALK WITH THE FAMILY OR STAYING CONNECTED TO YOUR COLLEAGUES WITH WEEKLY PILATES CLASSES, **IT'S IMPORTANT TO APPRECIATE THE POWER OF YOUR TEAM.**

Meeting with a small group to get fresh air and coffee.



Taking a break to do a Pilates stretch and release class.



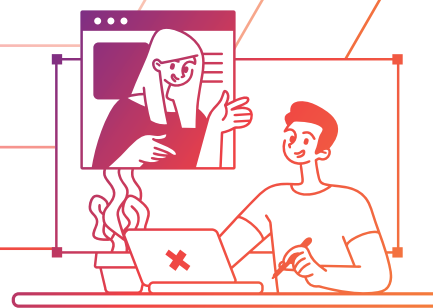
Friday afternoon trivia and wine.



Having regular catch-ups online over coffee or wine.



Logging off to spending quality time with family.



And most importantly, regularly checking in with people to make sure they're ok.

**WE STAY  
CONNECTED TO  
OUR TEAM BY**

### A new way of sharing your calendar

Write your meetings on a sticky note every day and put it on the fridge. This way, the kids can see when they can come and talk to you and even schedule a family lunch break.



# FUELED BY OUR FAVOURITE LOCAL BUSINESSES!

We've been keeping our thumbs busy and the local restaurants and cafes busier with ordering our favourite foods.

Here are a few we wanted to shout out.

4:28 pm

Is it bad that I want to order Au Lac again for dinner? 🤤

6:05 pm

Have you tried the Fried Chicken Ramen from Baby Su's yet?

7:29 pm

Okay, so I've got you down for the Borek, the Kolma, a Gallipolo Pide, some Barik Izgars, and Kofke. Anything else from Little Istanbul, or would you prefer I just order the whole menu?

7:45 pm

I'm thinking of grabbing one of those veggie burgers from Fox and Bow in Farrer. Want anything?

9:38 pm

Was that Mama Dough I saw on your Story? It's legit so good, right?!

6:22 pm

Hey, Pizza Artigiana, it's me... again. Could I grab a large Patate e Rosmarino and a Marinara to pick up?

7:48 pm

Make it a double.

2:18 pm

If you're heading out can you swing past Magoo's on the way back with some of their burgers and calamari?

3:56 pm

So tasty!

4:16 am

Is Redbrick open yet? I'm really craving a good coffee.

10:39 am

So I've just ordered a couple of burgers from Brod 🍔 – you better get home quick before the kids eat yours!

4:48 pm

Did you know Deeks delivers at-home kits?

9:04 pm

I've just left my Three Mills croissants to prove overnight. So pumped for tomorrow morning! 🥐🥐🥐

## GET OUT AND SUPPORT LOCAL!

MAMA DOUGH

DEEKS  
BREAD TRUCK

Pilot.

PIZZA  
ARTIGIANA

istanbul

EDGAR'S

Magoo's  
Cafe & Deli

AULAC  
AUSTRALIAN UNIVERSITY LOCAL AUTHORITY

Commonwealth  
Croissants

REDBRICK

Deakin  
UNIVERSITY

ON FLINDERS  
MARKET

Grease  
Monkey

FOX & BOW

BABY SU

W

BR  
OD

THREE  
MILLS  
BAKERY



# **THE RIGHT TOOLS FOR THE JOB**

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**Now that you've perfected  
the balancing act, here  
are some handy tools  
for working differently**









## WE SOLVE FOR X

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