



COACHING

Newsletter

ISSUE NO 3 MAY/JUNE 2025

Welcome to Best-in-Life Coaching's Newsletter!



Transitioning employees back to the workplace - *how coaching helps*

by Marc

Welcome to the spring 2025 edition of Best in Life Coaching's Newsletter! This month, we're focusing on an important topic that persists after the covid pandemic, and that is remote employees returning to the workplace. Let's face it, for many of us going back to the office after working from home can be a stressful experience. After all, we have modified our lives to work from home after the pandemic. Going back to working at the office will require changes to our work-life arrangement, and some of us simply don't want to do it. Unfortunately, this may lead to termination of your employment, which for many of us is not acceptable nor affordable.

So how do we overcome our anxiety and get mentally prepared for going back to the office? A coach can help you overcome the challenges faced by making the change.



Change can be a stressor; it is human nature. The pandemic changed people's lives in many ways and for some there is fear returning to a group environment. Will there be another pandemic? I really don't want to have to deal with so and so at work. I don't want to have my supervisor looking over my shoulder. I have a child at home and now I need to pay for daycare. I dread the daily commute to work. These are among the many things that may play a role in your stress.

It is easy to focus on the negatives and avoid thinking of the positives. What can possibly be positive? For one, you are still employed, so your employer thinks highly of your skills and does not want to lose you. Your employer recognizes your stress and is paying for you to be coached. Your employer recognizes this

**Retain your
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employees!**

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EXECUTIVE COACHING CAN HELP REDUCE THE STRESS OF EMPLOYEES TRANSITIONING BACK TO THE WORKPLACE

change is not easy and wants to compromise with you and make things better than in the past. Good managers strive to improve the atmosphere and happiness in the workplace. Good employers recognize that life has changed post-covid and changes are necessary to successfully transition employees back into the workplace.

Each employee has a unique set of circumstances. An executive coach will help your organization navigate the process so that your remote employees can be empowered to make the right choices.

Below are some areas where an executive coach may work with your team to help transition employees back into the workplace.

Understand Employee Concerns

Conduct surveys or one-on-one discussions to understand why employees prefer remote work. Common concerns include commuting, work-life balance, and office environment.

Communicate the Benefits of In-Office Work

Highlight the advantages of being in the office, such as better collaboration, networking opportunities, and access to resources. This is an opportunity to enhance professional growth and team cohesion.

Adopt a Flexible Hybrid Model

When feasible and practical, offer a balance between remote and in-office work. For example, a 3-2 hybrid model (three days in-office, two days remote) can ease the transition.

Enhance the Office Environment

Address the office environment to make it more conducive for a happy work environment. Upgrading office amenities can make the workspace more appealing. This could include wellness rooms, ergonomic furniture, or even free beverages.

Address Commuting Challenges

Commuting incentives such as parking subsidies, flexible start times, or partnerships with ride-share services can reduce the stress of returning to the office.

Foster a Culture of Trust and Accountability

Build trust by recognizing achievements and offering constructive feedback. Employees are more likely to return if they feel valued and supported.

Lead with Empathy

Understand that employees may have personal or logistical challenges. Tailor solutions to individual needs to make the transition smoother.

Create In-Person Value

Organize team-building activities, workshops, or networking events that make in-office days more engaging and meaningful.

Healthy Recipe of the Month

Chocolate Coconut Peanut Butter Balls



Ingredients

1 cup sprouted rolled oats

1/4 cup coconut flakes, unsweetened

1/3 cup vanilla protein powder

1/2 cup creamy peanut butter

2 Tbsp honey

2 Tbsp water

3 Tbsp dark chocolate chips

Instructions:

1) Mix all ingredients together in a large bowl

2) Take a spoon and scoop out about 1 to 2 TBS of the mixture into your hand and roll into a ball

3) Store in the fridge

This is a healthy source of protein that is easy to prepare, without the need for baking. Do not consume if you are allergic to any of the ingredients. We recommend you use organic non-GMO ingredients.

We integrate EI (emotional intelligence) into our coaching practice and empower our clients through transformative journeys tailored to the individual.

Look at our team bios and see how we match up to your goals. Reach out and schedule your Free Discovery Session and be matched with a team member that resonates best with your needs.

We will help you navigate life transitions with confidence. Major life events, career change, retirement, conflict resolution, leadership, self-empowerment, managing stress, divorce... Helping you achieve your goals in life is what drives us!

Visit **BestInLifeCoaching.com** and book your free Discover Session now.