

# Postcards from Home

December 7, 2020

## POSTCARD

I've been working from home since I was hired in September as a data analyst. I was fortunate enough to buy a home earlier this year before quarantine began and have designated one of the bedrooms as my home office.

I really invested in this space, knowing I would be spending a lot of time here – I upgraded internet speeds, purchased a new router, bought a webcam and a pair of headphones to make my Teams meetings more comfortable.

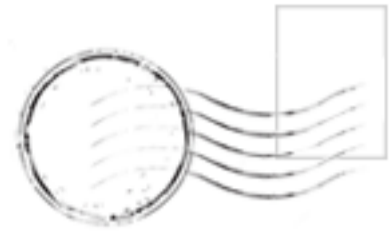
Though I would like to develop more personal relationships with my co-workers, I still find I'm able to connect with them in our daily huddles and in chatting with them throughout the day. I look forward to one day sharing a meal or an experience with them. They are all wonderful people that I've had a blast getting to know!

For me, there are many benefits to working from home. I have time to work out each morning and practice meditation during my lunch break. Most importantly, I can pick up my daughter from her nearby school as soon as I wrap up my workday. The time savings truly has limitless value.

My advice to others working from home: Make space for what is important to you, whether that's connecting with co-workers you miss or prepping your family dinner earlier in the day to make the evening less stressful. Feather your nest, as they say, and prioritize your wellbeing in order to make room for more happiness.

My advice to staff who are caring for patients is to stay positive and seek help when you need it. We are all here for you. You are remarkable heroes and incredible human beings. Words cannot adequately express our gratitude for your tireless dedication.

***Miranda Ehrenberg, data analyst,  
Supply Chain Informatics***



*The University of Kansas  
Health System*



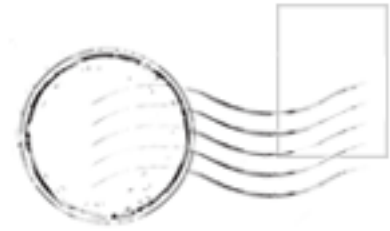
## POSTCARD

It can be very challenging to lead a remote team, but I encourage leaders to find fun ways to “disrupt” the flow of electronic communication by inserting a little human connection. Our team has assigned themes to almost every day of the week:

- Motivation Monday – We end each huddle with something motivational that allows us to positively embrace the opportunities of the upcoming week.
- Thankful Tuesday – I kick off a team email immediately following our morning huddle, asking my co-workers to share what they are thankful for that day. The responses continue through the entire day, which is great!
- Wednesday Wink – We do our morning huddle on camera so everyone can see and connect
- Thursday – TBD.
- Friday Diversity Day – We dedicate a few minutes of the huddle to talk about our differences, which is what makes us great! Last Friday we talked about the different holidays and traditions, and we even traded main dishes and recipes in the chat.

I hope some of these tips help remote teams feel more connected.

***Katrice Lanier, system director, Talent Acquisition***



*The University of Kansas  
Health System*

