



CHEMISTRY CONSULTING GROUP
HR IN-BRIEF | MAY 2020

WORKING FROM HOME

Achieving Work/Life Balance

"Creating a productive space, managing technological changes, and developing a rhythm for productivity are just a few of the additional challenges we now face when working from home. We strived for a work/life balance when life was "normal" but now that the office is located in our home, achieving that balance takes on a whole new connotation."

-Sheenagh Beadell, Partner, Chemistry Consulting Group



Working From Home Affects Health and Wellness

by the Montridge Advisory Group Team

"In this blog you'll learn about how you can create barriers between job and home, how to stay connected with your co-workers and ways to stay focused."

[Continue Reading ...](#)

Considerations for Managing your Work and Life at Home

by Ally Smit, Chemistry Consulting Group

"When your home turns into your personal office, it can be challenging to find a balance between managing your work and managing your life under the same roof. Here are some considerations for helping you find a balance between life and work at home."

[Read more here ...](#)





Tips for Setting Up Your Home Office

by The Balance Small Business

"You'll want to define a professional work area that separates your business from your personal life whether you're self-employed or telecommuting. Its location, lighting, and confinement of clutter are all important."

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10 Tips For Staying Productive While Working From Home

by Rise People

"If your workforce switched from their office desk to the dining table with little-to-no WFH experience, they might be finding it a bit tough to stay focused and maintain work-life balance in a work environment that's also their home."

[Read more here ...](#)



COVID-19: 6 Key Questions on the Return to Work

by Canadian HR Reporter

"One day the coronavirus outbreak will end and, en masse, millions of remote employees will be returning to the workplace they knew before. But what should legal considerations should employers focus on in the transition back to the workplace?"

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Quotes on Work/Life Balance

"Invest in your work-life balance. Time with friends and family is as important as times at work. Getting that out of balance is a path toward unhappiness"

Stephen Gillett, Entrepreneur

"We need to do a better job of **putting ourselves higher** on our own 'to do' list"

Michelle Obama, Former First Lady

"We think, mistakenly, that success is the result of the **amount** of time we put in at work, instead of the **quality** of time we put in"

Arianna Huffington, Author

HR News Corner

Unemployment Statistics

Source: [Labour Force Survey, April 2020](#)

Stated in April 2020 Labour Force Survey:
"During the week of April 12, 1.1 million people were not in the labour force but had worked recently (in March or April) and wanted to work. They were not counted as unemployed but were counted as not in the labour force because they did not look for work, presumably due to ongoing business closures and very limited opportunities to find new work."

	Feb-20	Mar-20	Apr-20
VICTORIA	3.4%	4.6%	7.2%
VANCOUVER	4.4%	5.3%	7.5%
BC	5.0%	7.2%	11.5%
CALGARY	7.4%	8.6%	10.8%
ALBERTA	7.2%	8.7%	13.4%
CANADA	5.6%	7.8%	13.0%

HR in the News



[Victoria prepares to create open spaces for restaurant recovery amid COVID-19 restrictions](#)

CBC News, 11 May 2020

[COVID-19: What rights and protections do employees have when B.C. businesses reopen?](#)

Vancouver Sun, 30 April 2020

[Reopening Businesses in Canada: Considerations for Employers](#)

Fasken, 1 May 2020

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