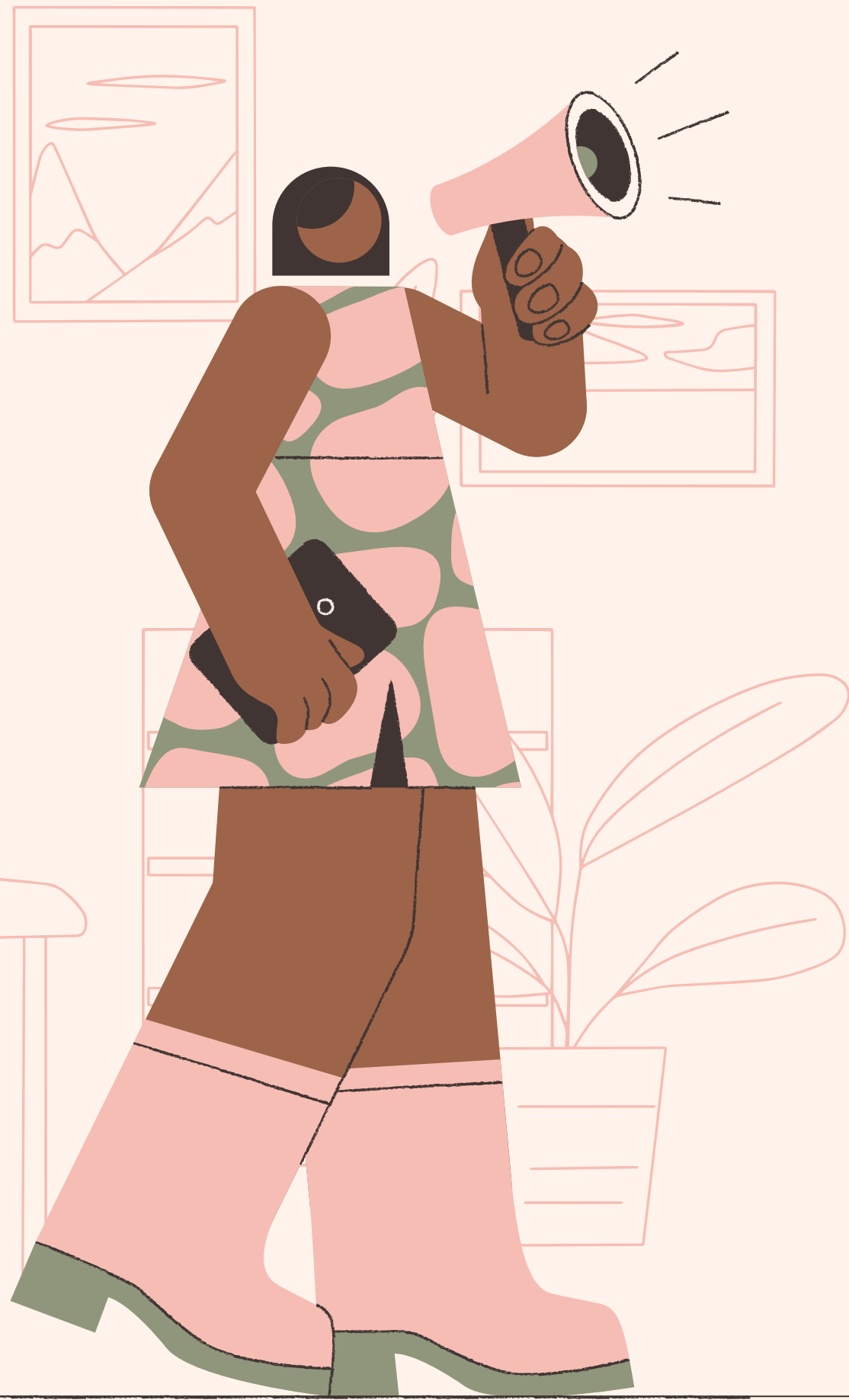


Back-To-Office Etiquette In The New Norm - 7 Useful Tips!

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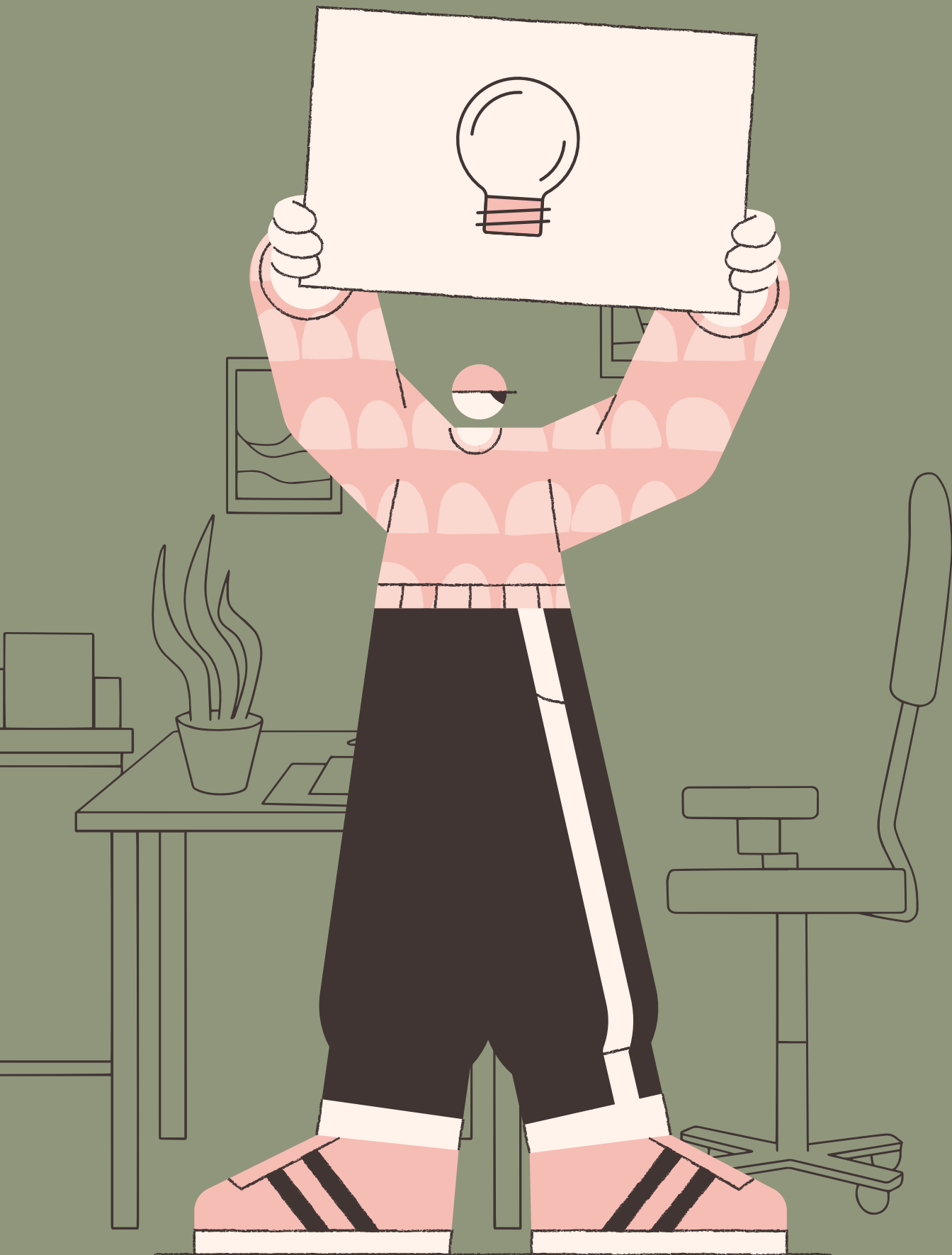
Tip 1: Be Mindful

**No handshakes, no hugs, no high-fives.
Why? According to studies, we touch our
faces as much as 23 times per hour!
That is one quick way to spread viruses!**

Tip 2: Be Helpful

New faces in the office? Make your new colleagues feel welcomed. Many have started remotely and this environment might be entirely new to them. Any help will be useful.





Tip 3: Be Respectful

To jab or not to jab - Different people will hold different views on the virus and on vaccines. Respect that. Do not condemn or criticize, but instead practice compassion.

Tip 4: Be Beautiful

**Be Bold, Be Beautiful, Be You!
Pandemic or not, in person or not,
principles should not change. We
should always dress our best to suit
the time, place & occasion!**



An illustration of a person with dark skin and hair, wearing a green and white patterned jacket and black pants. They are holding a large white sign with the number '05' written in a brown, serif font. The background is a light pinkish-red color with faint line art of a plant and a window.

Tip 5: Be Cheerful

It has been a while, so breathe life into your workplace! Make it a priority to reconnect with old colleagues and get to know new ones. Maintain social distancing but keep your coffee chat open!

Tip 6: Be Tactful

The pandemic has impacted a lot of lives. In times like these, when faced with difficult situations, emotions can run high.

So, before you speak, **THINK**

- Is it True?
- Is it Helpful?
- Is it Inspiring?
- Is it Necessary?
- Is it Kind?



Tip 7: Be Grateful

You have lived so long; you have come so far. You made it despite all the heartaches and pain, the disappointments and the failures. So be grateful for the strength you have, to overcome any challenge; for the courage you own, to face any adversity; and for the wisdom you have, to live life to the fullest.



Thank You
& May You Live Long & Prosper!

