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Hit the Ground Running

A kit to care for and re-energize your team

SUMMER EDITION

Kit to power your team.

Yes, discover how...

Hey there!

Our objective is that your team has everything you need to be 100%

You manage a team and you want everything in the world to be right for your simple holidays, this is for you.

This kit will help you optimize your team's time, understand and detect the symptoms of post-vacation syndrome and improve communication with your people.

Is it the best of all? Find out all the information to be able to maximize your human team: from the steps for the evaluation of the performance, you have these guides to give the best welcome to the talent you recruit.

Here are our recommendations.

We're ready!

What does this kit contain?

Postvacation syndrome

How to avoid it?

Tips to optimize your time

and not die trying

Bonuses!
Practical advice

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Can I do anything to avoid it?

Postvacation syndrome

Taking vacations can be tough. Very hard. Every person is a world.
But, is there anything you can do to avoid it?

The answer is yes. On a personal level, you can start a progressive recovery by giving yourself a few days of adaptation to your routines before turning to work.

It is crucial to maintain healthy habits, such as good nutrition, exercise and adequate sleep.

In the professional, it is about emphasizing the positive aspects of the return and not trying to settle the world in a day. A tour with tasks and objectives that can be achieved will prevent you from getting tired.

What can I do?

4 key aspects to prevent it

Plan a gradual return
Maintain healthy habits and look after your sleep hours
Maintain a positive attitude
Organize your time with affordable objectives

☀️ DATA THAT BURNS (AND NOT FROM THE SUN)

60%

the workers will experience extremes on their tour

Step by Step

Postvacation syndrome - How do I look after my team?

You know what medicines can be taken to help prevent it. Now let's talk about how you can influence what your team doesn't know about it 👇🏽

What should you do?

- It facilitates gradual reintegration and allows people in your team to adapt little by little.
- Organize integration activities to encourage recovery.
- Review and adjust goals: take time to redefine realistic goals and objectives that motivate your team.
- Introduces positive news: Offers small changes or improvements in the work environment to adjust routines and processes.

49%

of workers in France suffer from post-vacation syndrome.

How to do it?

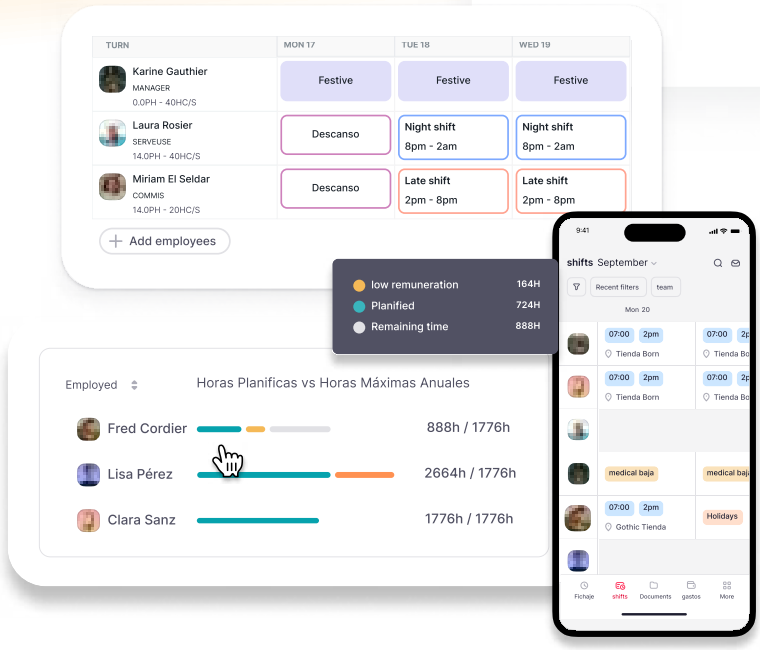
Manage your time

How to return to routine without dying in the intent

The journey to work involves turning to routines. It is probable that you need holidays because these routines do not end up working.
It's a good time to establish new habits that allow you to improve your time management. Day by day.
Give a whirl to all these unproductive meetings, take control of the time that your projects require and establish realistic and affordable places for your tasks.
The first days will be crucial. Take care of your time and your team so that no one feels overwhelmed.

3 factorial benefits to optimize time

- Shift manager
- Vacation management
- Control hours (journal log)



We'll explain it to you

Labor motivation

4 basic pilates for your team

Labor motivation is a crucial aspect to increase the productivity and well-being of your teams, but over time it is discovered (and should not be).

It is vital to implement policies that improve the work environment and keep employees compromised.

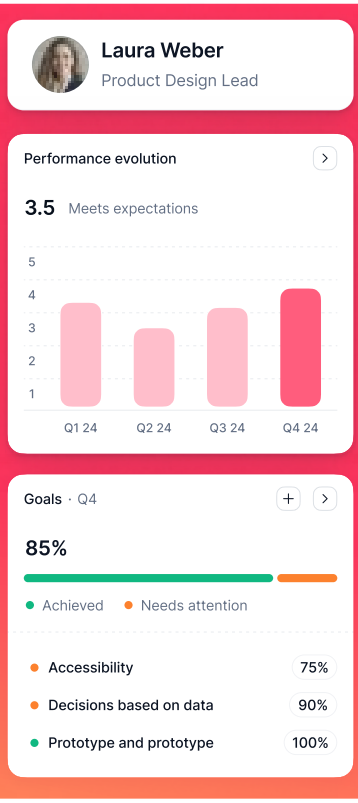
Why? Because maintaining a high level of motivation reduces absenteeism, personal rotation and benefits from personal well-being.

Some best strategies come with rewards, foster effective communication, offer continuous training...

How to boost your business motivation with Factorial?

The factorial talent block has a direct and immediate impact on the purpose and growth of the professional.

- Desempeño y Objectives
- Training and LMS
- Engagement
- Communication
- On/Offboarding



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How to do it?

Practical advice

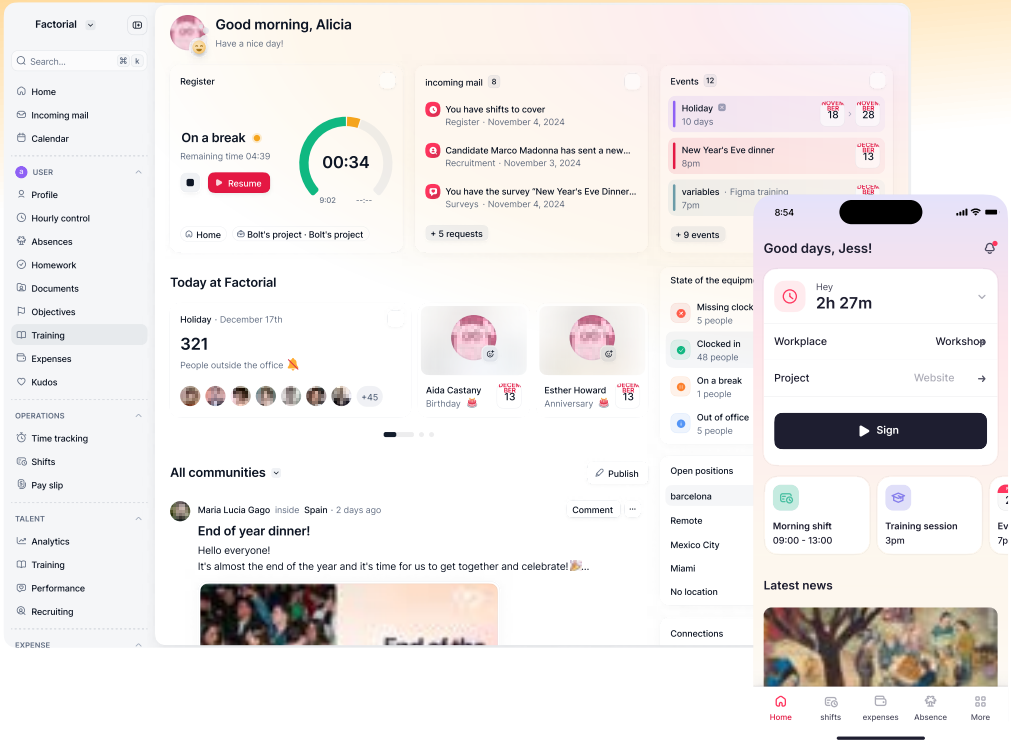
The same theory, but applied

All these strategies will only be useful to you if you practice them. If you notice them on your calendar, go ahead.

Try the first few days to block art hours for you. This will allow you to organize yourself and avoid unnecessary meetings. You will regain control of your hours and time, resume.

It is also essential to use project management software such as Factorial. It will allow you to see how many hours are destined for each project and connect it with your name.

So you will be able to understand not only the costs at the time, but also the money of everything you have.




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