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# Returning to Work (during & after COVID-19) Training

For more information, visit our [Returning to Work \(during & after COVID-19\) Training](#) webpage.

## COURSE CONTENTS

This training course is broken down into 1 sections

### 1 Returning to Work

## LEARNING OUTCOMES

- ✔ Understand how you can safely and smoothly return to work
- ✔ Learn about what can be done before and after the return to work
- ✔ Understand the importance of thoughtful planning, organisation, and preparation upon returning to work

## ABOUT THIS COURSE

2020 is the year that everyone's 'normal' changed! Within the space of about a month COVID-19, or the Coronavirus, changed our lives, including our working lives, almost beyond recognition. With social distancing stopping all but key workers from going to work, almost everyone has been affected in some way.

Whether you are soon to return to work, or even if you already have, this training course can offer workplaces some guidance and some simple steps that can be taken to ease you into a new normal.

This Online Course looks at return-to-work catch-ups, risk assessments, team communication, handling concerns/anxiety in connection to COVID-19, policies, and practices to consider (ie. social distancing), what to expect from managers during this time, and a few practical suggestions for handling pressure, finding focus, staying productive, and adjusting to 2020's new-normal.

It doesn't matter how long an employee has been away from the workplace - going back isn't always easy. For many people, it's a positive and exciting time - a step towards regaining a sense of normality, but for others, it can be daunting. There's no right or wrong way to feel - it's natural to have some concerns, but it's how the return is handled that can make all the difference, both to the employee and your organisation.