

# Twin Cities Telework Resources



Implementing remote and hybrid programs can come with questions and challenges. Twin Cities Telework offers answers in the form of free resources. Whether you're a remote worker, employer or manager, we have the tools to guide you to success in your remote work environment.

Visit [tctelework.com](https://tctelework.com) to find free resources, on-demand webinars and information on trending topics in telework. Or, select the resources below you would like to receive and we will send them out to you.

## For Remote & Hybrid Workers

- Telework & Hybrid Work Tips
- Tips for Telework Success
- Telework Guide for Commuters
- Daily Telework Log
- Home Office Safety and Ergonomics Guide
- Mental Health Recommendations for Teleworkers
- Mental Health Quick Tips
- Home Office Ergonomics: Tips from MN Experts
- How to Overcome FOMO When Working from Home
- Best Practices for Remote and Hybrid Workers
- Know the Signs for Burnout & How to Fix Them
- Working Remotely? Here is What You Need to Know About Stipends
- Setting Up a Home Office on a Budget
- Why Sitting All Day is Harmful To Your Health
- Teleworker Tips for At-Home Workouts
- 12 Things to Do When You Feel Lonely

## For Employers & Managers

- Telework & Hybrid Work Tips
- Sample Teleworker Agreement
- Tips for Telework Success
- Sample Telework Discussion Application
- 22 Tips for Manager Success
- Mental Health Recommendations for Teleworkers
- Sample Daily Telework Log
- Sample Telework Policy
- Home Office Safety and Ergonomic Guidelines
- Mental Health Quick Tips
- Home Office Ergonomics: Tips from MN Experts
- How to Help Employees Avoid FOMO When Working from Home
- Hybrid Employee Agreement
- Hybrid Work Policy
- Setting it up Right: Telework and Hybrid Work
- Best Practices for Remote & Hybrid Workers
- Creating Connection on a Hybrid Team
- 5 Tips to Combat Work-from-Home Burnout in Your Employees

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