

Lockdown wins

00:00: (Opening music)

00:01: (Subtitles)The pandemic shocked us into a different way of working. We've had to find new ways of doing things, including in the way we work. As a result, we've learned a lot about ourselves...

00:12: I'm far more resilient than I thought I was, and that I need people. I need to be able to interact with people. I need to know that all my friends and family, and work colleagues are okay.

00:23: I'm more capable than I thought I was. I can, I can learn a different language. I can go running after work, all things I never ever thought I'd be able to do, but turns out, it's just a case of a better work life balance.

00:38: One thing I've struggled with is not seeing my team every day, being able just to vent to them.

00:45: I tend to work in my bedroom, or my kitchen and both of those spaces are very relaxing for me. So, it's been very difficult to sort of switch off.

01:04: (Subtitles) What do we want our future to look like?

01:07: Flexibility about the work, working with the family, and just being able to juggle things around, that's been really helpful.

01:19: I've been really lucky that I've had the opportunity to work flexibly between the office, and my home environment. That's really helped for my wellbeing. It's also been great to see some of your work colleagues, within the office environment.

01:33: I've been going back into the office for a couple of days a week now, since about June, and I've really, really enjoyed it. Brings a bit of routine to my life. Just great to see other people, just really nice to walk in, and have a conversation with someone, and not have to stare at the same four walls all the time. So, I'm really looking forward to this new way of working, where we're gonna mix up home working and office working, much more regularly.

01:54: (music)

01:55: Now's the time to shape the way we work in the future. The future's in our hands...