

FUTURE OF WORK REPORT

A carefully curated briefing to help inform your future-of-work culture and feed your plans with solutions for increased employee wellness and performance. Made by the team behind Work Retreat, the working and living solution infusing creativity and collaboration to professionals and teams.

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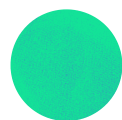


We waited a bit for this 5th trend report, but autumn came with a lot of new endeavours to focus on. Preparing to launch new Work Retreat Districts, while filming our story for you all to know us better. So here it is, a new selection for this mid September and this wonderful, #FOW aficionados community.



Healthy focus

Concentration can be improved through focused meditation, says Stanford neuroscientist Andrew Huberman. He indicates that practicing refocusing – which means bringing your mind back into a state of focus after a distraction – daily increases your overall concentration.



WFA and the dictionary of #FOW

With the development of new technologies and behaviours, so is the language evolving with new words and phrases to populate #FOW conversations. Did you hear about WFA? It means work-from-anywhere, when a company will allow its employees to work remotely from a location of their choice.



Business tourism on the decrease - study

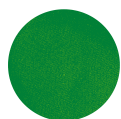
The world is on the move again, with 80% of people surveyed across five major European nations plan at least one trip abroad in 2022. Business teams are on the road too, experts expect 20% fewer business trips to happen in 2022 compared to 2019.

Study: ACCOR MASTERS OF TRAVEL THE FUTURE OF BUSINESS TRAVEL.



Spotted: Juno

Once in a while we share new apps, platforms, ideas that improve the rates for employee wellbeing programs. So here it is, today we have Juno, an idea that builds better systems for living. Juno was born from personal stories. Lots of useful insights and new stuff coming in the #FOW field on their blog. Check it out [here](#).



Get your own Work Retreat experience

How can you access a custom Work Retreat journey? It's simple, it starts with a yes! Then, access www.workretreat.ro, contact our team. Our first convo will focus on discovering the needs of your team, then a tailored proposal will be drafted to fit and reach your objectives. Our team will assist you all the way. See you in your 1st (or next) Work Retreat!



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Thank you for joining. See you in the next report! Same place, new ideas. If you have any message regarding the content or just want to interact with our team, let us know via social media.

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