



LIBRARY LINK

Hybrid Workplace



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Issue 30

Library Link: Hybrid Workplace is a weekly compilation of news, advice and best practices for working in a hybrid environment. This week's articles focus around **Tips for Managers**, **Tips for Employees**, **Diversity and Inclusion**, and **Work-Life Balance**.

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Tips for Managers

[Determining “Nonnegotiables” in the New Hybrid Era of Work](#) (Strategy and Business, Apr 29, 2022)

By breaking down must-haves for individuals, teams, customers, and communities, organizations can help ensure success.

[3 Science-Backed Ways to Help You Run Better Meetings](#) (Fast Company, Apr 28, 2022)

Meetings have never been a popular part of the workplace, but in the era of remote and hybrid work they've become especially loathsome. Recent analysis shows employees are spending at least 25% more time in meetings than in February 2020, and many speculate that meeting fatigue is one of the factors contributing to the Great Resignation.

[Work Flexibility is the Most Important Leadership Skill, According to Research](#) (Forbes, May 1, 2022)

The challenge for employers in 2022 is how to attract and retain employees. Study after study shows that work flexibility is a crucial leadership strategy to retain and recruit loyal employees. To combat stress and burnout, employees are prioritizing their mental health more than ever, and flexible work schedules are at the top of the list towards achieving a healthy work-life balance.

Tips for Employees

[This is Why You Hate the Idea of Going Back to the Office \(and How to Approach it if You Have to\)](#) (Fast Company, May 1, 2022)

Whether we were anxiously waiting to go back into the office over the past two years or desperately hoping working from home was here to stay, one thing is clear: The elusive “return” isn't what we were promised.

[Employers Can Make Remote Working a Success By Listening to Research](#) (Nature, Apr 27, 2022)

Early in 2020, workers around the world were plunged into a new reality of remote working. In doing so, they also participated in a series of unexpected global experiments: social scientists have spent much of the past two years analysing what happens when face-to-face exchanges are replaced by online meetings. And their results are starting to come in. The pandemic has taught the world about hybrid working. Now, there's growing evidence for employers to use when deciding about the future work environment.

Diversity and Inclusion

[Women @ Work 2022: A Global Outlook](#) (Deloitte, Apr 26, 2022)

Now in its second year, Women @ Work 2022: A Global Outlook aims to better understand how women's experiences in the workplace impact their engagement and career progression.

[Hybrid Work is Just Not Working Well For Most Women](#) (Fortune, Apr 26, 2022)

Survey after survey shows women are much more likely than men to prefer flexible and hybrid work schedules. But for those who are even offered this option, it's not all it's cracked up to be—at least not yet.

[How the Pandemic Changed the Way Black Workers Go to Work](#) (The Boston Globe via Factiva, Apr 24, 2022)

The pandemic might have been the spark that ignited the so-called Great Resignation, but widespread racial and gender inequity at work served as the perfect kindling. (Requires a Factiva login, [access instructions](#))

Work-Life Balance

[Hybrid Work Can be Healthy at Home and the Office](#) (American Heart Association, Apr 27, 2022)

First, we got advice on staying fit and healthy while working in the office. Then when the pandemic started, we got advice on staying fit and healthy while working from home. As the era of hybrid work – doing the same job in both places – takes hold, now what?

[Workplace Anxiety — and How to Overcome It](#) (Financial Times, Apr 24, 2022)

Feeling stressed or even fearful at work is increasingly common, but some simple techniques can help you manage it and support others. (Requires a FT login, [access instructions](#))

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