SOCIAL DISTANCING:
HOW HEART WORKS FROM HOME (WFH)
Given the situation with COVID-19 around the world, many non-essential workers have shifted to working from home (WFH).

This can be quite an adjustment since when work enters our home, there are other roles we may have to play at the same time.
The HEART team has been WFH since the formation of the organization 10 years ago, and we wanted to share what working from home looks like when other roles are being played or space considerations are needed.
"Zoom is the new board room and babies are the latest distractions, but like the donuts at the meeting, they never disappoint."
"Babies and movement building can coexist. I know this because this has been the last 15 years of my life as a mother and working professional"
Navila Rashid; Brooklyn, NY
Communications and Programs Manager

"When you can’t leave your apartment for sunlight AND want cuddles from your dog, you compromise and sit at the window, on the floor."
“When I worked at an office, I used to dream about working in fuzzy slippers and wrapped in blankets. I hold onto that every time I get antsy.”
Sameera Qureshi; Falls Church, VA
Director of Education and Training

"My husband and I both already work from home, and I find myself needing a change of work scenery and more natural light, now and then."
And of course, we are use to working across cities, time zones, and holding our other life roles simultaneously...
We'd love to see what YOUR working from home (WFH) looks like!

Post a photo to your feed or story, tag @heartt togrow and use the hashtag #WFHwithHEART so that we can reshare it on our own story!