



# **Open Plan Office - How to Stay Sane and Productive in an Environment that Sucks (Health and Happiness Book 2)**

*Jodie Scott*

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An open plan office can prevent us from doing our best work and cause intense suffering. Work takes up a huge chunk of our lives and has a direct influence on our happiness, sense of wellbeing and our health. Unfortunately although many studies demonstrate that open plan offices lead to health problems and a loss of productivity, open plan offices are the current trend.

Some workers because they need to toss ideas around are better placed in a work hub or zone with their colleagues. However, Introverts find open plan offices especially difficult because they need a quiet, private space in which to do their best work.

In this book you will learn how to be happier and more productive in an open plan office – and to make the best of working in an environment that sucks. As well as reading about the latest research studies, you will learn how to:

- \* Deal with constant noise
- \* Manage constant interruptions
- \* Create visual privacy and block visual distractions
- \* Make your desk feel like home
- \* Stay healthy when nearby colleagues are sick
- \* Create a hot desk survival kit
- \* Maintain open plan office etiquette
- \* Be a fantastic manager in an open plan office

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