



February 24, 2021

Dear Colleagues,

While the last year has challenged us in unimaginable ways, many of us are now able to peer into the future with a glimmer of hope. As we try to make sense of what's to come, let's take a moment to recognize the fatigue, blurring of boundaries, and lack of connection we've been feeling so we can step into the future together, guided by work-life perspectives.

According to research published in the [American Psychologist Journal](#), the single biggest impact of the pandemic has been the shift to remote work, and many organizations have said they will continue to offer more remote work options after the pandemic. This change will require us to re-skill ourselves and our teams and to incorporate flexible and agile work and management practices. Even for those of us who will return to work on campus, we will feel the impact of these changes.

To respond, we must establish a caring culture by creating a trusting and safe work environment in preparation for an unknown work future. Now is the time to rethink how we establish practices that speak to the work-life concerns of our community and lead our departments and teams to a healthier future. Let's start by asking ourselves these important questions: Am I familiar with the resources available to help with my work-life challenges? Do I understand the multitude of challenges facing my teams?

The Work Life office is here to support you and your departments as you think about the upcoming changes for your team, and we have many resources available to address work-life challenges. Our [Workplace Wellness](#) page includes resources for every level of well-being, and we especially encourage managers to consult the resources under "[Managing with a Work-Life Perspective.](#)"

When we think about what's next for NYU, let's work together to create an environment that is informed by the challenges of the past and energized by the possibilities of the future.

Sincerely,

Grace Cosachov Protos, Executive Director, Work Life