

A DAY IN THE LIFE OF

A Hybrid Worker: Sam Strong, Lecturer in Optometry

I'm enjoying working in a dynamic way, it gives me the flexibility to decide where and how I deliver on my priorities.

8:30

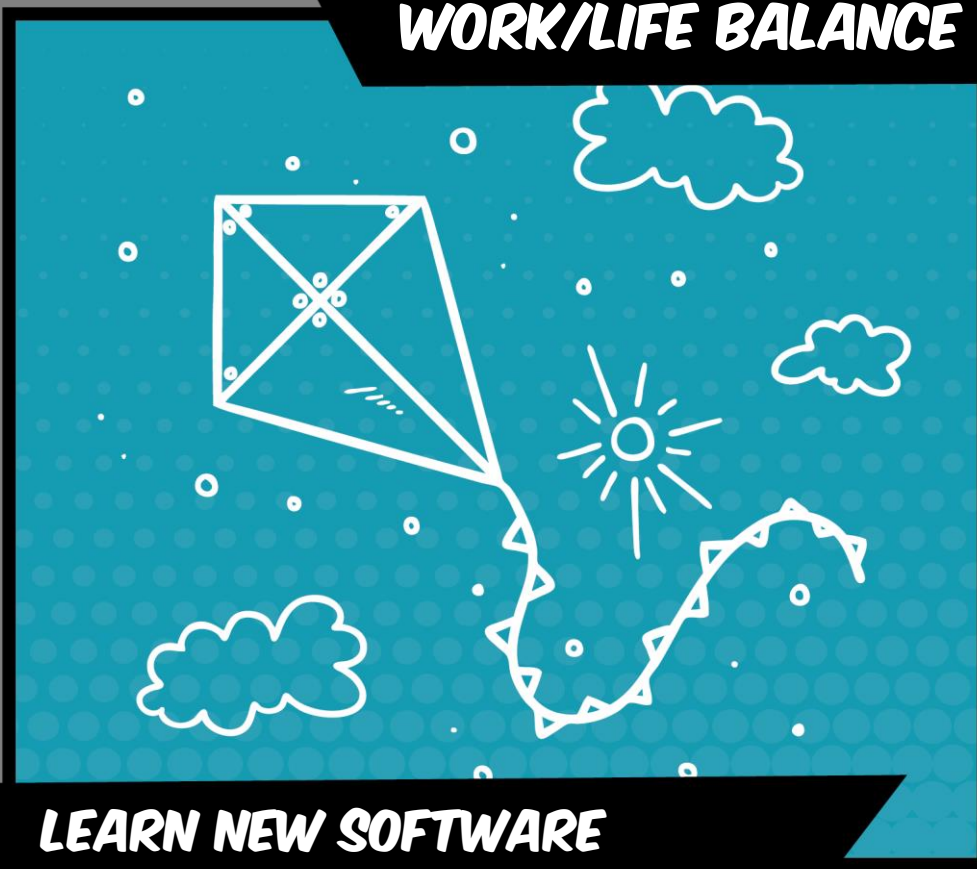
As an Academic I come onto campus to conduct lab-based research alongside providing and designing the best possible learning and teaching activities.

MANAGING TIME



MANAGING OUTCOMES

WORK/LIFE BALANCE



LEARN NEW SOFTWARE

10:30

I have the time to learn new types of software and driven innovation in my approach to teaching, all of which has left me filled with a new-found sense of pride.

10:45

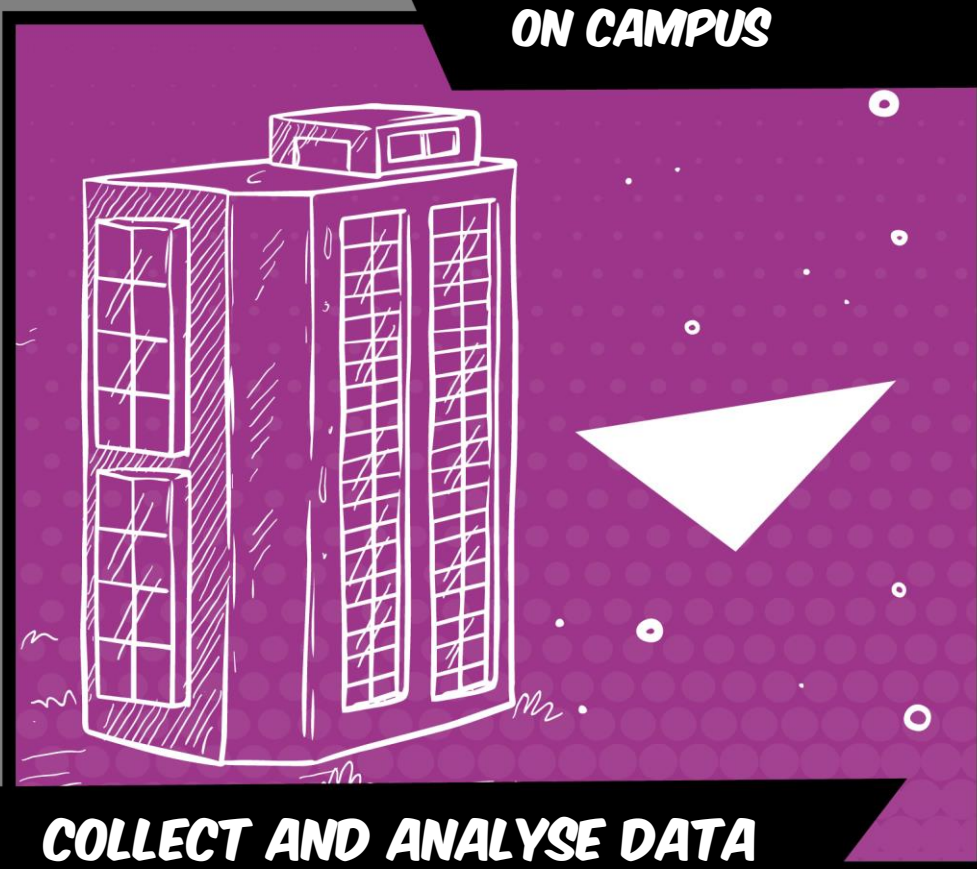
My commute time has reduced significantly, giving me the time to spend with my family.

ENVIRONMENTAL



REDUCING THE COMMUTE TO WORK

ON CAMPUS



COLLECT AND ANALYSE DATA

12:30

Working dynamically means I can move some of my teaching online however I still need to continue my research and so I visit campus to collect and analyse data.