

[From PJs to Productivity: A Tale of Home Office Obstacles]

Introduction: Working from home is so commonplace in this day and age and it can be amazing and convenient, but it doesn't come without its own challenges. Striving to maintain productivity, work-life balance, and overall well-being while working within the confines of one's home is a real struggle, but with a shift in mindset, these issues can be effectively addressed.

Learning Objectives: By the end of this training, learners will be able to:

- Establish strategies for maintaining productivity with work responsibilities from an office at home
- Recognize ways to incorporate personal breaks and social interaction into a daily routine for more balance

Outline:

Introduction:

- Leighanna is our narrator introduces Naomi.
- Naomi has a cozy home office: big but cluttered desk, lots of plants and artwork and a big window, warm colors around.
- She is happy about working at home, but struggling with productivity and personal care balance.

Backstory:

- Flashback to Naomi chatting with her friend Eve, interested in a coffee date but then having to cancel, as usual.

Challenges cover her up:

- Naomi is overwhelmed with work, distracted and lonely.
- She often scrolls social media, feels distracted by neighbors or friends and the house chores and errands piling up.
- She does not have time for anything.
- Her long to-do list with work is the final straw.

Time for a change/pivot her focus:

- Naomi realizes she really needs to make changes to feel better and is determined to get dressed, set clear boundaries with work hours, and using her phone, and blocking time.

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- She doesn't have to change it all at once.
- Naomi takes planned breaks for personal care, household or social media.
- She feels so much better and is getting more done overall.

New Balance:

- Naomi is happy with more balance- getting more work done and time for personal care and socializing.
- She shows off her free time by riding her bike at the end of the story.

Characters: business casual style

- Leighanna, Narrator: wears a goldenrod yellow top, a longer periwinkle skirt and some navy flats. She has dark-rimmed glasses and longer kinky hair and cocoa skin. VO= Emma from Vyond.
- Naomi, work-from-home employee: Wears striped shirts and jogger pants, and slippers. More of an Asian resemblance, fair skin, very dark hair in a high ponytail. VO= Aria from Vyond.
- Professional Naomi wears her hair down with a thin, gray headband, navy blue V-neck blouse, gray plaid skinny pants and gray mule-type shoes.
- Exercising Naomi wears her hair in a lower ponytail, a brick-red cropped top, charcoal yoga-type pants and navy sneakers.
- Biking Naomi wears her hair in a lower ponytail, and is on her bike wearing a gray top, capri jeans and a blue helmet.
- Eve, friend: Wears a green t-shirt, jeans and Birkenstocks. Blue eyes, very blond kinky mid-length hair, fair skin. VO= Michelle from Vyond.

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Color Palette:



Yellow #FFC857, Gray #8A8E91, Blue #23395B, Blue #194974, Olive Green #6E874D, Plum #7A586D, Pink #C876A9

Font: Caveat Brush

Ambience: 6% volume for sounds effects; VO at 100%; specific sounds below in scene detail below

Music: fade in and out; alternates between Cheerful Blossom, Fearfully Wonderfully and Fun, Fun, Fun. Notes in scene details below

Global Comments:

- Each table in this storyboard represents one scene.
- The character speaking will be indicated in the audio/script column as [name of character].
- Audio will be lip-synched with character speaking.

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1. [Introduction]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>A simple exterior of a home on a sunny day opens the video.</p> <p>Leighanna (Narrator) is the only character on the scene.</p> <p>Callout slides in atop a banner trailing behind a small airplane flying above the home.</p> <p>Text is blue against the yellow banner: Pajamas to Productivity: A Tale of Home Office Obstacles</p>	<p>[Music] Cheerful Blossom</p> <p>[Leighanna]: Working from home is so commonplace in this day and age. It can be amazing and convenient, but it doesn't come without its own challenges.</p> <p>Striving to maintain productivity, work-life balance, and overall well-being while working within the confines of one's home is a real struggle, but with a shift in mindset, these issues can be effectively addressed.</p>	<p>Scene appears immediately with a facade of a house in the center, and the sun coming up and over the house with motion path.</p> <p>Leighanna walks onto scene, timed with VO and stops at the walkway to the house to continue her VO.</p> <p>An airplane flies in ¾ of the way through Leighanna's VO with a banner and camera zooms in on the banner which stops above the house and holds still to show the callout of the video title.</p>	

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2. [Intro to Naomi]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Leighanna (Narrator) stands at the walkway where she stopped walking in previous scene. Nothing changes except airplane is gone now.	[Music] Cheerful Blossom [Leighanna] Let's meet Naomi, a dedicated professional who absolutely loves working from home. She's crafted a delightful home office with all the comforts and essentials.	Scene continues and Leighanna appears facing the camera with a few hand gestures. Second camera zooms in on the front window to the left to take us into Naomi's house and her home office.	

3. [Backstory]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Naomi is sitting in a home office, wearing PJs, at a cluttered desk, there are plants around, artwork on the wall, and a nice desk lamp. Tones of olive green,	[Music] Fearfully, Wonderfully [Leighanna]: Naomi relishes the flexibility and the lack of a grueling daily commute.	Scene transitions with Iris square center Naomi appears sitting at her desk at first with a smile immersed in work, and	x

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<p>deep blue, beige/off white and plum all around.</p> <p>Leighanna is masked into a blue circle shape and sits to the right center of the office scene.</p>	<p>But there's a catch: staying focused and combatting loneliness have proven to be significant challenges.</p>	<p>animated by typing away on the computer surrounded by a cluttered desk.</p> <p>Timed with the VO (“...there’s a catch...”) she fades out and then fades in with a more angry expression as she types.</p>	
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4. [Eve’s call]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>Two rectangles take over most of the left side of the office: Naomi on the far left with an olive green background and Eve on the other in a light plum color that matches the artwork prop on the office wall. Both are on the phone and happy.</p>	<p>[Audio] phone ring starts the timeline</p> <p>[Music] Cheerful Blossom</p> <p>[Eve]: Hey, Naomi, it's been ages since we hung out. Let's grab a coffee soon- we can even meet online if that’s more convenient.</p>	<p>Scene transitions with an Iris square center.</p> <p>Each girl comes in with a blind horizontal transition, Eve first, then Naomi quickly.</p> <p>The phone rings immediately and Eve’s VO starts.</p>	

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Leighanna is masked into a blue circle shape and sits to the right center of the office scene.	<p>[Naomi]: Definitely! Let's set a date.</p> <p>[Leighanna]: Nowadays, despite the best intentions, socializing often gets postponed or forgotten due to work commitments</p>	Both girls are happy and gesturing on the phone.	
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5. [Cancelled Coffee]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
A tight shot of a calendar is shown with an X over the words "Coffee with Eve".	[Audio] Record scratch	<p>Scene is instant.</p> <p>A tight shot of a calendar shows a date written: "Coffee with Eve".</p> <p>An X pops in over it timed with the audio.</p>	

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6. [Distracted]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Naomi is still at the desk looking sad and then turns to the window and walks over. She looks forlorn.	[Music] Fearfully, Wonderfully	Scene transitions with an Iris square center.	
Office is still a mess as in previous scenes.	[Leighanna]: Naomi's attention is pulled away from the work because she is so overwhelmed. The to-do list for work remains unfinished, and deadlines draw closer.	Naomi starts off seated quickly turns towards the window, then stands and walks over to it, holding her hands low and in front of her.	
Leighanna is masked into a blue circle shape and sits to the right center of the office scene.		Her VO starts as she approaches the window.	

7. [Needing A Break]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Naomi is still at the window looking forlorn, but she has one hand on her head in despair.	[Music] Fearfully, Wonderfully	Scene transitions with an Iris square center.	
Office is still a mess as in previous scenes	[Naomi]: I really need a break but I am overloaded	Naomi fades in and fades out.	
		Leighanna watches.	

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Leighanna is masked into a blue circle shape and sits to the right center of the office scene.	with work and feel so disorganized.		
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8. [So Much To Do]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>Naomi has her hands on her hips, facing the camera with a sad expression.</p> <p>Then a set of four squares fills the screen one by one: coffee and Eve with plum background; a cleaning glove with a green background; a bike with a yellow background; and a cat in a blue background.</p> <p>Leighanna is masked into a blue circle shape and sits to</p>	<p>[Naomi] I cannot find time for friends, the house needs cleaning, I need to exercise and the cat needs to go to the vet.</p>	<p>Scene continues.</p> <p>Naomi appears immediately hands on her hips and has a sad expression.</p> <p>One square pops into the scene one at a time with a picture inside and timed with the VO left and right top then left and right bottom.</p>	

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the right center of the office scene.			
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9. [I Am Over It!]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Naomi is now in the center of the office, much larger in the foreground, cut off at the knees. Her head is in her hands and she is desperate.	[Audio] Sigh [Naomi] I'm overwhelmed, overtired and just plain, over it!	Scene continues. Naomi fades in and fades out. A red spiral shape is behind to indicate things are spiraling and stressful.	

10. [Social Media Distraction]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Naomi is now sitting on a beanbag chair in the living room, looking at her phone and smiling. There is a tray of fast food and a banana peel on the floor near her.	[Music] Cheerful Blossom [Leighanna]: So, Naomi's longing for connection and battle with distraction leads to frequent social media	Scene transitions with an Iris square center. Naomi is now sitting on the couch in the living room, looking at her phone and smiling.	

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<p>Her cat is sitting in the room on the carpet and looking at the camera.</p> <p>Clock is large and fills the space in front of the TV screen.</p> <p>Leighanna is masked into a blue circle shape and sits to the right center of the office scene.</p>	<p>scrolling: a temporary escape.</p>	<p>A cat meows.</p> <p>A spinning clock pops in halfway through Leighanna's VO.</p>	
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11. [Time For A Change]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>Naomi staring at her computer with a fear expression, arms folded. Office looks the same: a mess.</p>	<p>[Music] Fearfully, Wonderfully</p> <p>[Leighanna]: Recognizing there are some significant issues and determined to conquer these challenges,</p>	<p>Scene transitions with an Iris square center.</p> <p>Naomi fades in as the timeline starts and stares at the computer with a fear expression.</p>	

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<p>Leighanna is masked into a blue circle shape and sits to the right center of the office scene.</p> <p>Thought bubbles are semi-transparent blue and have callouts in white for a to-do list of work tasks:</p> <ul style="list-style-type: none">● File the report● Submit changes to the analysis doc● Plan team meeting...etc! <p>Another larger thought bubble appears during second camera has the callout in white and sits more centered in the scene: I need to make changes...NOW!</p> <p>Naomi changes her expression to scheming during her VO.</p>	<p>Naomi takes a deep breath and decides it is time for a change.</p> <p>[Audio] Sigh</p> <p>[Naomi]: I love working from home, but I need to find ways to stay focused on work and address the loneliness.</p>	<p>First thought bubble is in the upper left of the scene as timeline starts and each callout pops in one by one from the to-do list, timed with the VO.</p> <p>Second camera zooms in on Naomi about halfway thru the VO and her expression changes to scheming.</p> <p>Second thought bubble filling much of the second camera view has a white callout and says, "I need to make changes...NOW!"</p>	
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12. [Refocus]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>Professional Naomi is standing at her desk hands on hips. She is wearing professional casual attire, her hair is down with a thin hand band.</p> <p>Desk is clearer, the trashcan is empty and books are gone. Lamp is moved to the other side. One plant from the desk is gone to clear space.</p> <p>Leighanna is masked into a blue circle shape and sits to the right center of the office scene.</p> <p>A notepad graphics appear with callouts in blue:</p> <ul style="list-style-type: none">● Get dressed!	<p>[Music] Cheerful Blossom</p> <p>[Leighanna]: Naomi slowly begins to establish a daily routine. She tries to just make one change every few days or even once a week to establish sustainable changes.</p> <p>She gets dressed, designates work hours, sets her phone aside at certain intervals, and blocks her time to stay on task for work and home projects.</p>	<p>Scene transitions with a Clean With Hand illustration at 2.5 seconds</p> <p>Naomi fades in and stands near the window facing right with a joyful expression as the VO starts.</p> <p>Then Naomis fades out and a new Naomi fades in still standing near the window, excited, looking at the camera, and her arms are pumping up and down as Leighanna's VO continues.</p> <p>A large notepad icon pops in filling a lot of the office space between Naomi and Leighanna.</p>	

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<ul style="list-style-type: none"> • Specific work hours! • Put the phone aside! • Time block! 		Callouts appear timed with the VO and slide in to the right one by one on each line of the paper.	
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13. [One Step at a Time]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>Exercising Naomi is in the living room stretching, then mountain climbers, then sit-ups on a mat.</p> <p>Leighanna is masked into a blue circle shape and sits to the right center of the office scene.</p> <p>Pink heart sits to the upper left of Naomi</p> <p>Callouts are blue:</p> <ul style="list-style-type: none"> • short planned breaks each day • 2 days off 	<p>[Music] Fun, Fun, Fun</p> <p>[Naomi]: I am feeling so much better. I don't have to change everything in one week, but small changes really add up.</p> <p>[Leighanna]: With a newfound focus on one step at a time, Naomi is getting more done and still able to take short breaks for exercise and socializing. Plus two days a week she is completely work-free. She is</p>	<p>Scene transitions with an Iris square center.</p> <p>Naomi fades into the living room. She starts facing the camera on the mat, stretching with legs out to the sides. She fades out and back in doing mountain climbers. Then she fades to sit-ups.</p> <p>Her VO plays while exercising.</p> <p>Leighanna appears on screen as the timeline starts and her VO plays right after Naomi.</p> <p>Pink heart and callouts pop in timed with Leighanna's VO.</p>	

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	working hard to establish more balance.		
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14. [Balance]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>Professional Naomi is back in her office, smiling at her computer typing and then gives us the thumb's up.</p> <p>Leighanna is masked into a blue circle shape and sits to the right center of the office scene.</p>	<p>[Music] Fun, Fun, Fun</p> <p>[Leighanna]: Over time, Naomi finds a much better balance between the joys of working from home and the need for human connection.</p> <p>[Naomi] I am so much happier, rested and getting more done!</p>	<p>Scene transitions with an Iris square center.</p> <p>Professional Naomi fades in at her desk, smiling at her computer typing and then fades out. She fades in again and gives us the thumb's up timed with her VO.</p>	

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15. [Wrap Up]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>We see the outside of Naomi's house as in the opening scene.</p> <p>Leighanna stands on the grass in front of Naomi's home, still on the right side like the opening scene.</p> <p>Biking Naomi is on her bike wearing a gray top, capri jeans and a blue helmet.</p> <p>Callout slides in atop a banner trailing behind a small airplane flying above the home.</p> <p>Text is blue against the yellow banner: Have A Great Day!</p>	<p>[Music] Fun, Fun, Fun</p> <p>[Leighanna]: Naomi's story reminds us that with determination, adaptability, and a little focus, it's possible to thrive in the world of remote work, even when faced with the challenges of distraction and loneliness.</p> <p>[Leighanna] Thank you for watching!</p>	<p>Scene transitions with an Iris square center.</p> <p>Leighanna fades in and is standing in front of Naomi's house but on the grass, off the road, talking.</p> <p>Biking Naomi is happy riding her bike into the scene.</p> <p>An airplane flies in ½ way through Leighanna's VO with a callout banner.</p> <p>Second camera zooms in on the banner which stops above the house and holds still for a beat before the timeline ends.</p>	