

**Aries :**

Have all the resources at your disposal: telecommuting or not, you're always on your feet quickly in the morning, ready to face the day with dynamism. Those of you who are wide awake will even start with a quick session at the gym - or at least a cup of black coffee - just to feel even more energetic. Teleworking gives you the independence you need; in addition, because you're a leader, you might want to organise a 60/40 split of your time so that you can continue to interact with your contacts, as this is vital to you. Of course, this will be very well received, as it's in keeping with your reputation as a competent and responsible employee.

*Advice for Aries*

Get the chores out of the way first and take advantage of your legendary efficiency to devote more time to your hobbies, with a clear conscience.

**Taurus:**

Get into shape: Beware of laziness or procrastination; don't just lounge around in the bath for hours in the morning, you've got a deadline to meet to hand in your work, and not honouring your commitments could trigger sanctions. The first thing to do is to set up a space dedicated exclusively to your working time so that you can put yourself in the right situation. You want to work hard, but not at the expense of your health. Impose strict timetables on yourself and once you've started, there'll be no stopping you.

*Advice for Taurus*

Once you get going, you can be a whiz at teleworking, but remember to keep an open and flexible mind.

**Gemini:**

Work here or there: The golden thing for you will be to take on a job that could allow you to get around or move around easily. You're a restless person, so working in any place you like - a brasserie, a square or a friend's house - will stimulate you. Taking a break from work and getting on with your tasks will give you great satisfaction, because you idolise movement. You crave interaction with everyone, so your colleagues are a big part of your investment. All this without making a distinction and, of course, knowing everyone's first names by heart.

*Advice for Geminis*

Always on call, you show that you know how to adapt perfectly, but avoid doing a thousand things at once.

**Cancer:**

Blossom: Teleworking is an advantageous arrangement for you who like to work without jeopardising or giving up your family life, so it's downright ideal. Reconciling your job and your family life is a fantasy come true. But be sure to draw a line between the private sphere and work, so you don't get distracted by a washing machine that needs emptying, for example. And when the children come home from school, be sure to tell them that you still have an hour or two of work ahead of you. Sensitive and sometimes solitary, you easily compensate for the physical absence of your colleagues by your family and by long-distance contact.

*Advice for Cancer*

Avoid putting on weight, thanks to a certain inactivity and the tempting little gourmet breaks, with the (well-stocked) fridge inevitably nearby.

**Leo:**

Improving your quality of life: Organising your time makes you feel fulfilled because you've quickly realised that your working conditions enhance the quality of your life. No more pointless meetings or the stress of time-wasting transport, you feel lighter and the quality of the breaks you give yourself is superior to those in a cafeteria where your hierarchical superior could come and remind you of your obligations, which you hate above all else. When you telework, you want to retain the best: the possibility of being a bit lazy, while keeping up appearances, there are limits. So you'll be the king of the decision-maker in slippers under the desk.

Mind you, you've still got to look your best: leader's shirt, perfect hair or impeccable make-up, Madame, for once there's no mask. You've even bought a lighting kit for your video conferences. That said, you're also perfectly capable of producing quality work, as long as you feel that your efforts are recognised.

*Advice for Leo*

Smile and hold your head high, you're on!

**Virgo:**

Aim for performance and efficiency: You're in favour of teleworking, but first you want to check the various regulations to make sure the contract is fair. There's no question, for example, of your employer not reimbursing you for expenses owed, but in return, you're not going to be the one cheating because you're not supervised and monitored.

Work is almost a religion for you. Ideally, you should opt for a service or therapeutic activity, as these are the areas in which you excel.

Once you've got that sorted out, you're good at structuring your days: you create an efficient professional environment, if possible separate from the rest of the household, and you impose inflexible discipline on yourself in order to perform well.

*Advice for Virgos*

Don't stress by imagining imaginary criticism, everything's fine.

**Libra:**

Don't neglect your social skills: At first, teleworking may have unsettled you. Especially as you need to share, to feel a sense of complicity and... to be loved!

So it's not surprising that you take every opportunity to debrief by telephone or video conference.

The fact that you're not making more face-to-face contact isn't going to help you blossom, because you need to meet people. The ideal solution would be to arrange occasional meetings with prospects, colleagues or customers to limit your loneliness. Or find a way to telework with a partner or a third person, which will suit you much better.

*Advice for Librans*

Use your natural sense of balance to keep your private and professional lives separate. Don't fall into the trap of mixing everything up.

**Scorpio:**

Work confidentially: In secret, you rub your hands together! Thanks to teleworking, you can finally keep and look after all your little secrets. Mind you, no one's saying you're taking advantage of this to take it easy. That's absolutely not your style. On the contrary, because you're naturally passionate, you give your all to your mission.

However, with the explosion in working hours, you get down to it when you feel like it, sometimes very early in the morning or in the middle of the night, in complete freedom. In an old sweatshirt or without a lunch break.

It's a change from the interaction with others that used to give you the power relations necessary for your way of being, because a few sparks, you think, can sometimes ignite the flames that bring vital energy to a project. Fortunately, you also know how to immerse yourself in a job as if you were alone in the world, because you're not afraid of acting in the shadows.

#### *Advice for Scorpios*

Don't completely desocialise yourself, as you could quickly turn into an old cave bear.

#### **Sagittarius:**

Find a balance: e telecommuting? You'll get used to it, since you're flexible and open-minded by nature. You'll always find your freedom wherever possible. After the first few weeks when you missed social contact, you're beginning to see the advantages. You'll be able to squeeze in a walk, even a short one, in the middle of a busy day. At lunchtime, a pool break or a meeting with a client. And once a week, a good walk through a park to enjoy the oxygen and natural scenery.

#### *Advice for Sagittarians*

Don't set out too high or too far, mark out your fundamentals first!

#### **Capricorn:**

Thoughtful and diligent are the key words: For you, the notion of teleworking is above all a change of scenery. It doesn't mean that you're going to do less, quite the opposite. Often, you already have a room at home that serves as an office. It allows you to be in your own bubble and stands out for its lack of frivolity.

Because what counts for you is productivity, efficiency and rigour. Without saying it (shhh), you don't miss your colleagues too much and you see this as an advantage: you waste less time.

And because you like being your own boss, you get more done than anyone else. Because beforehand you'll have established a framework for being productive and not crossing unapproved or unprofessional boundaries; nothing is more crucial in your eyes than defining objectives to hit the bull's-eye and make an example of your situation.

#### *Advice for Capricorn*

Don't skip the breaks and still maintain a personal life.

#### **Aquarius:**

Get a taste for your independence: Telecommuting, which has become so popular overnight, is typical of the values of your sign. You've known for a long time that human beings only give their best if they have the most favourable conditions to feel good. What's more, you seek to innovate, to think outside the box, to do things differently. Teleworking conditions fit in with your love of freedom and your spirit of independence. The better organised you are, the more you'll feel you've made the right choice. You still need contact, but you'll find that each encounter becomes more qualitative because your isolation will make others more interesting and consequently your mind will become more alert in these human exchanges.

#### *Advice for Aquarius*

Don't hesitate to undertake a personal project in this area.

**Pisces:**

Self-discipline: In the word telework, you shouldn't stop at the first syllable. No, just because you're at home rather than in the office doesn't give you the right to watch your favourite series at all hours (!) Nor should you let yourself get carried away without a manager or superior to keep an eye on you. It's true that self-discipline isn't really your speciality, so you'll have to make a real effort in this area. On the other hand, you score points by managing to be sensitive and human despite the distance.

*Advice for Pisces*

Tell yourself that you're living an experience that has its advantages in terms of comfort, and that will motivate you.

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