

# NAVIGATING CHANGE

# BECOMING FUTURE READY

*“Setting Ourselves Up For Success In The Next Normal”*



## THE OUTLOOK

What will life after COVID-19 look like? National and international experts tend to paint a somewhat bleak picture, whether expressing a health, economic, social, or political outlook. Although they tend to view the situation from varying perspectives, they all seem to agree that we will not be returning to life as we knew it before COVID-19, because:

- Coronavirus may “never go away”
- The road to social and economic recovery may be a long and difficult one
- We may need to continue to practise COVID-19 prevention precautions indefinitely



## SETTING OURSELVES UP FOR SUCCESS

We do not know what the Next Normal will look like. What we can do now is prepare ourselves to be in a state of readiness to embrace it, whenever it comes and whatever it is. We will need to intentionally set ourselves up for success, as follows:



## BRING OUR NEW (OR FORGOTTEN) SUPERPOWER TO LIFE

Our experience during the Coronavirus pandemic would have highlighted some winning life principles:

- We owe it to ourselves to Survive in an uncertain world
- Mental strength should be a Superpower that everyone should possess
- In an uncertain situation, only focus on: The 20% That You Can Control
- In an uncertain time, jump start your own disruption by shedding 1 routine or way of thinking that may be a liability and sustaining 1 routine that is an asset



### Key Takeaway:

**Change Is Inevitable  
Progress Is A Choice**

*Be ready to respond to the unexpected with an attitude that will fuel your survival, progress and success*

## BE QUICK AND SMART ABOUT PUTTING NEW KNOWLEDGE AND SKILLS TO USE

We didn't see this pandemic coming, so it's important to plan for the next unforeseen or self-generated disruption in our lives:

- Show up as "new and improved" and impress everyone with our new skills
- Let's demonstrate that our brand did not get stale over the past 6 weeks
- Let's show how our improved value is relevant and useful in a changed workplace
- We're becoming the new "go to" colleagues with our newly minted skills



### Key Takeaway:

**Cashing In On Our Self Improvement During The Pandemic**

*The best benefit we can get from learning is to practise what we learnt*

## MY COVID-19 STAY-AT-HOME EXPERIENCE



**Mrs. Paula White**  
DRA Consulting

A personal statement on Navigating Change from one of our very own, Mrs. Paula White, Customer Care Trainer.

*"We have all been impacted in varying ways by COVID-19 and its ensuing devastating effects. Seeing my life disrupted and brought to a halt so unexpectedly was surreal. I had to quickly do a reality check which brought me to this conclusion: Whilst I may not have had the power to change the situation, I had the power to flex to accommodate the change.*

### • **I Exercised Personal Responsibility**

*Although I got "cabin fever" on occasion, I complied with the stay at home order and the public health precautions because I saw it as my personal responsibility.*

### • **I Kept Hope Alive**

*Despite the negative financial impact of the lockdown on my family, I intentionally counted my blessings and expressed gratitude regularly, and kept a hopeful attitude.*

### • **I Took That All Important First Step**

*I took an important, "limitation-busting" first step by starting to pay my utility bills online. For me, this symbolizes my power and ability to overcome my limitations."*

***Change Is Inevitable....PROGRESS IS A CHOICE!***