



NAVIGATING CHANGE

Stretching Ourselves

Embracing Change

Adapt to Grow
Embrace change
to get ahead



Remaining Positive In Negative Circumstances

GOT CABIN FEVER?? HERE'S A REMEDY

"There is nothing as constant as change" and if there is nothing else that has brought significant change globally in 2020, it has been "COVID-19". This virus has changed our social & human interaction, the way we do business., the way we worship and our thinking. It begs the question, "what will be left after we survive this pandemic?"...and yes, we, our society, WILL survive this pandemic. Here are a few actions that we can take to manage the changes & successfully navigate this phase in our respective lives:

- Remain positive despite the negative circumstances
- Manage your transition to and through the "new normal"
- Embrace this change as an opportunity to "stretch" yourself personally and professionally
- BREATHE!

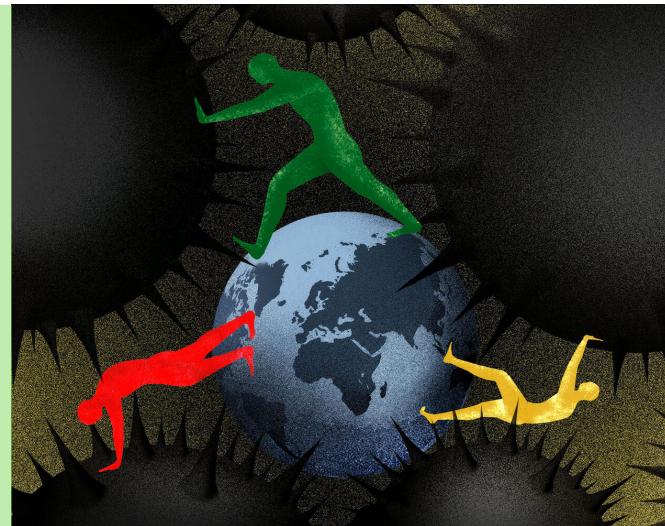
STAY POSITIVE : Remember The Many Storms You've Weathered Already

In times of constant negative messaging, you need an antidote so that you can keep your positive attitude and march forward with determination and hope. *Be deliberate and intentional*, in activities that are positive, heartwarming, stress reducing and laughter inducing! Together, we'll get through this. Positive emotions boost our problem-solving abilities as well as our judgment, decision-making, cognitive flexibility and creativity.

Draw strength and gain hope from your past resilience. You have likely endured other unforeseen major life disrupters, like major hurricanes or natural disasters, the worldwide financial meltdowns and 9/11. You made it through! And you are stronger because of it. Know that you will get through this. Remind yourself of your resilience on a regular basis. Like laughter or yawning, positivity is contagious....*Stay Positive*.

ADJUSTING TO THE NEW NORMAL IS UNDER YOUR CONTROL

“Every crisis is also an opportunity.” This virus has changed and will continue to change how we shop, travel and work, among other things. The business landscape has changed fundamentally; tomorrow’s environment will be different, but no less rich in possibilities for those who are prepared. If your company has implemented a work-from-home (WFH) policy, decide how you will use the time you previously spent commuting.



In the meantime, here are a few tips for working from home especially with children or other family members at home:

- *Take scheduled breaks*
- *Establish a firm quitting time*
- Create workstations
- Designate a work free zone
- Integrate physical and creative activities

“Our readjusted future is a vision of upward movement that will include:

- Online transactions, including medical services – telemedicine anyone?
- Government funding of healthcare;
- Work from home | telecommuting opportunities; and
- Online education | distance learning.

To the businesses out there, one area that will be significantly impacted is supply chain management.

Changes will include:

1. A review of the famous just-in-time system, a system that has now placed companies in a compromising position, even forcing the closure in some instances
2. A new strategy that may remove all the proverbial eggs from one basket lessening the reliance on one country/company for critical inputs
3. New supplier agreements

With all of these adjustments happening, how will you make opportunities in the new circumstances work for you?

SET STRETCH GOALS....YOUR PROFESSIONAL FUTURE MAY DEPEND ON IT

This novel virus has given us time that we never expected to have on our hands. Use it wisely. Try new things – stretch yourself beyond limits – add new activities, explore your interests and tap into the world of possibilities within you. Your employer may ask you to assist with tasks that you have not done before. Tap into your reservoir of knowledge and abilities, do research, try it – stretch yourself. Feel the sense of accomplishment and fulfillment that comes from knowing that you can Do and Be More, successfully.



Explore your purpose, write it down, refine it, and, when you are ready, share it with others – this gives a powerful driver to your goals. Once you have a sense of your purpose, try mapping out, in your mind, or on paper, how your current approach to life meets your purpose. Which activities and relationships support your mission, and which do not? You now have your very own personal improvement plan.

FINALLY....BREATHE!!!

Exercising, singing, or playing an instrument – giving proper time to these activities allows you to experience focus, calmness, and satisfaction. Let this be a time when we all help each other to breathe. Check in on your neighbours, using technology. Send emails and write notes of gratitude. Help those less fortunate and let the end game of this virus be an overall improvement in our society. Some quick tips:

- Write in a Gratitude Journal every day
- Listen to music that sounds the way you want to feel - positive
- Share positivity by sending one thank-you email or doing one kind act every day
- Challenge your negative thinking
- Smile
- Follow your passion
- Meditate

Close your day, every day, with a positive acknowledgement of something you accomplished, learned or for which you are grateful. Closing your day powerfully, will help dilute and / or shed some of the negativity you've absorbed and remind you that not everything that's happening today needs to steal tomorrow's joy.

**We have been forced to get off the treadmill called "life",
so let's not waste the gift of slowing down.**