

Enthuse Your New World....

"I wanted to make sure I did what I could to create positive environments"

Tim Roberts
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Tim has over 20 years leadership and L&D experience. He created Enthuse to give as many people as possible the opportunity to develop & apply their Emotional Intelligence. Tim is an inspirational speaker, coach & facilitator bringing his Engage-Inspire-Enthuse approach to everything he does.

#ITALWAYSSTARTSWITHYOU

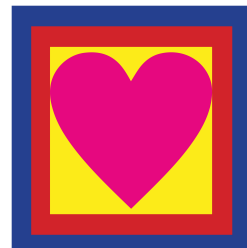
React

My initial reaction was fear & uncertainty. Overriding uncertainty. Will I lose my business? Will I be completely out of work? Then the more important things came into view & my focus was on my family, friends & network. I wanted to focus on creating positive energy so made sure we got some exercise & ate healthy. Looking back I experienced a maelstrom of emotions – fear, anger, jealousy, hope, optimism, love, despondency, confusion, stress, anxiety, depression, gratitude, determination, happiness. Something that came into clear focus were the people who were there for me & those whom I could rely on. I feel very lucky to have so many amazing people around me who checked in on me & showed their support & were sharing positive messages. I can see now the influence that had on how I started to respond....



Response

The first conscious choice I made was to get better at online facilitation & commit to still working with my clients to move coaching & training to virtual sessions. I also challenged myself to do online speaking work on webinars etc. This crisis is creating so many difficult situations for people that I wanted to make sure I did what I could to create positive environments. Whether through online speaking work or by sharing positive content. I know that a positivity playlist isn't the most insightful or cutting-edge idea! If it puts a smile on people's faces & reminds them who or what inspires them then it is worth it. Each week is still an emotional rollercoaster & I have learnt that when I have bad days to just let them happen. Ride it out without allowing it to consume me & remind myself that tomorrow is a good day.



Repurpose

My dream hasn't changed! My goals have been realigned though. The crisis has given me the opportunity to share more of Enthuse with more people & enabled me to create a platform on my website to share more content & resources. Whereas previously my work was focussed on a 'boots on the ground' approach, now I can reach more people with more Enthuse & I have re-invented how I will get my message out & create a positive influence in a more virtual world. What has become even clearer is how important Emotional Intelligence is & will be for us to recover from this crisis. It has brought into sharper focus my Emotional Intelligence model & has given me the impetus to shape everything I do around Engage-Inspire-Enthuse. Both personally & professionally, this experience has been more of an affirmation & reminder of what's important – work hard & be nice to people.

