

Enthuse Your New World....

"We have big decisions to make about what we put back into our lives. How can we be the people we were made to be?"

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Amy's work is focused on making organisations better through game changing neuroscientific insights.

Her professional goal is to contribute to the fields that bridge the gap between neuroscience and business. At Synaptic Potential, Amy does this through collaborative research, case studies, training, digital resources, writing books and speaking.

React

Our reaction was concern for others. Our team already works virtually. We all have spaces set up and tech and everything we need. We wanted all our clients to know that we could change anything that was planned to be face to face to virtual, or postpone, or cancel. No-one cancelled. A lot of our work already involved creating and sharing digital resources, so what happened was we were getting more calls than before (after the first 3 weeks, where we gave people space and time as it was such a cognitively overwhelming period).

Personally, my family and I are very lucky, we have home-schooled our daughter before, so we were all prepared. We have resources at home, because we believe learning happens everywhere – not just at school. So we've always been involved with her education.

We took our time to play together, have fun, create memories and work out what life should look like now.

Response

Our response has been very intentional. Support our clients to proactively navigate through this time. Many organisations were not ready for this sort of crisis. That has been concerning. If leaders knew more about their people's brains, they would have navigated the first few weeks better in many cases. They would also be more strategic with their planning now. Many companies have suddenly bumped wellbeing and mental health way up their list of priorities. While we're glad it is being recognised as important – you can't build either over night. Again, this is a process that will take time to improve. It needs a sustainable plan, not a single webinar. I hope things will be better in the future.

As a family we are reaching out to lots of people in our local community who need support. Chats outside windows, delivering food and meds – but more than all the practical things it is the emotional and mental support for parents, old people, single people...everyone really! Equally we are letting those close to us know when we need support, practical, emotional or spiritual.

Repurpose

We need to grow our team at Synaptic Potential. Our work is very important, and we are serving more and more companies. I personally hope that a recent Linked In Learning series I was asked to record on 'Supporting your Mental Health While Working from Home' will stimulate some new thoughts from organisations. Overall though, work wise not much will change for us. Personally, this slowed pace of life has been quite magical. I miss travelling all over the world and staying in fancy hotels, but I love spending more time just walking our dog and making bread. We have big decisions to make about what we put back into our lives. How can we be the people we were made to be? Should we be rushing from clubs to activity to dinners...or should we keep some more of this peace?