

Sars

Sisters Teaching And
Reaching Sisters

Illuminate

Inspire

Impact

Illuminate

Inspire

Impact

Illuminate

Inspire

Impact



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Bouncing Back After COVID19

**How to Recover, Reposition & Revive
Your Life to Achieve Wholeness!**

The Power of Choice

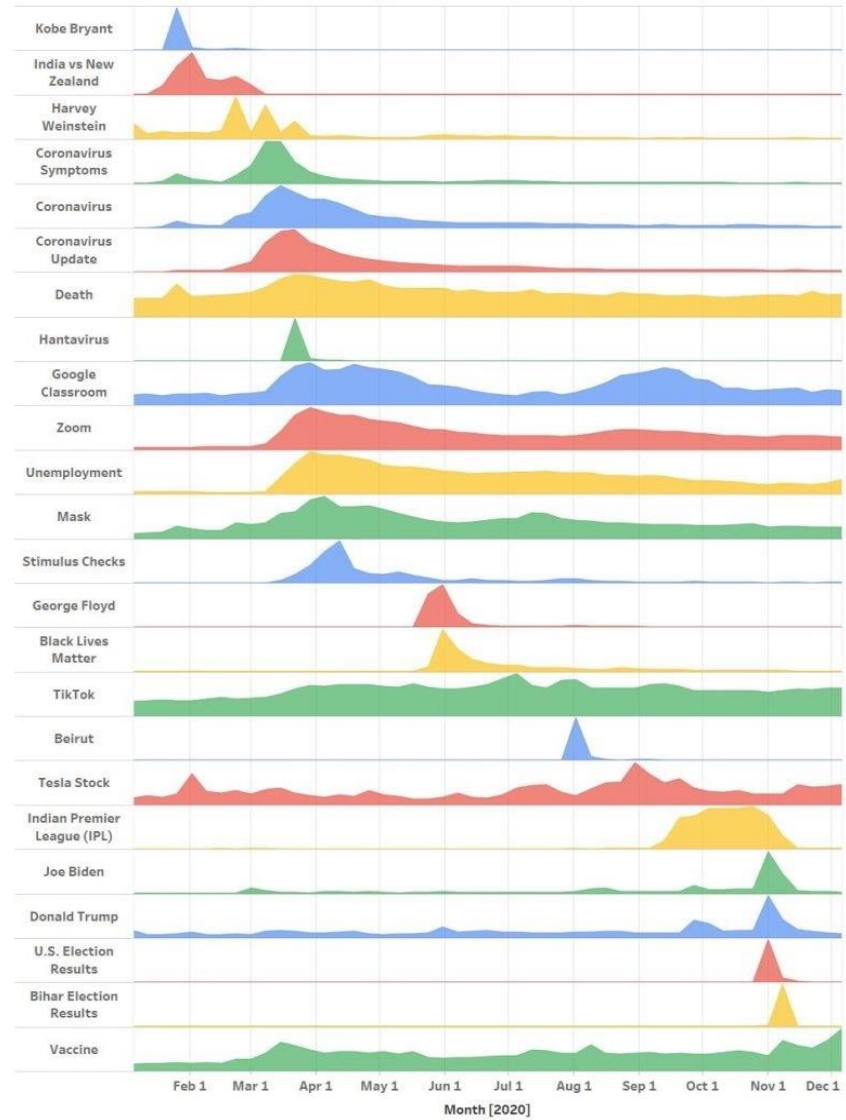
“Everything can be taken from a [person] but one thing: the last of human freedoms – to choose one’s attitude in a given set of circumstances, to choose one’s own way.” Victor Frankl

Bouncing Back After COVID19

STARING DOWN THE CRISIS

Google Trends recently released their 'Year in Search' report for 2020. It lists the top terms and topics that were globally searched for during the year. I gathered the data for the top global search terms relating to the people, news and world events and visualized their popularity over the year. Most of the search terms relate, directly and indirectly, to the Coronavirus pandemic which had people around the world turning to Google for answers. Visualized by Roshan Khan.

Height is search interest in a given topic, indexed to 100



Zoom meeting, audio only

Zoom meeting with video



2020 in Review



"You're on mute."

—2020 Quote of the Year

Poll Question

How has COVID19 affected your career and employment?

A. Still Have a Job - No Change

B. Reduced Hours - Some Change

C. Lost My Job – Immense Change

Top 15 Jobs Post COVID19

1. E-Commerce
2. Loan & Mortgage
3. Healthcare Support
4. Business Development & Sales Professionals
5. Workplace Diversity
6. Digital Marketing
7. Nurses
8. Education Professionals
9. Digital Content Creators
10. Professional & Personal Coaches
11. Specialized Engineers
12. Mental Health
13. User Experience
14. Data Science
15. Artificial Intelligence

* LinkedIn Jobs on the Rise: 15 Opportunities that are in demand and hiring right now

Bouncing Back After COVID19

RECOVER

ILLUMINE.INSPIRE.IMPACT

Three Steps to Recover

Rest – Be Still...

Reflect – Gather Lessons Learned

Recount – Count Your Blessings

Plot twist:

2020 has actually been the best year of your life.

You've been forced to grow, reflect and slow down.

You've faced so many challenges and over came them.

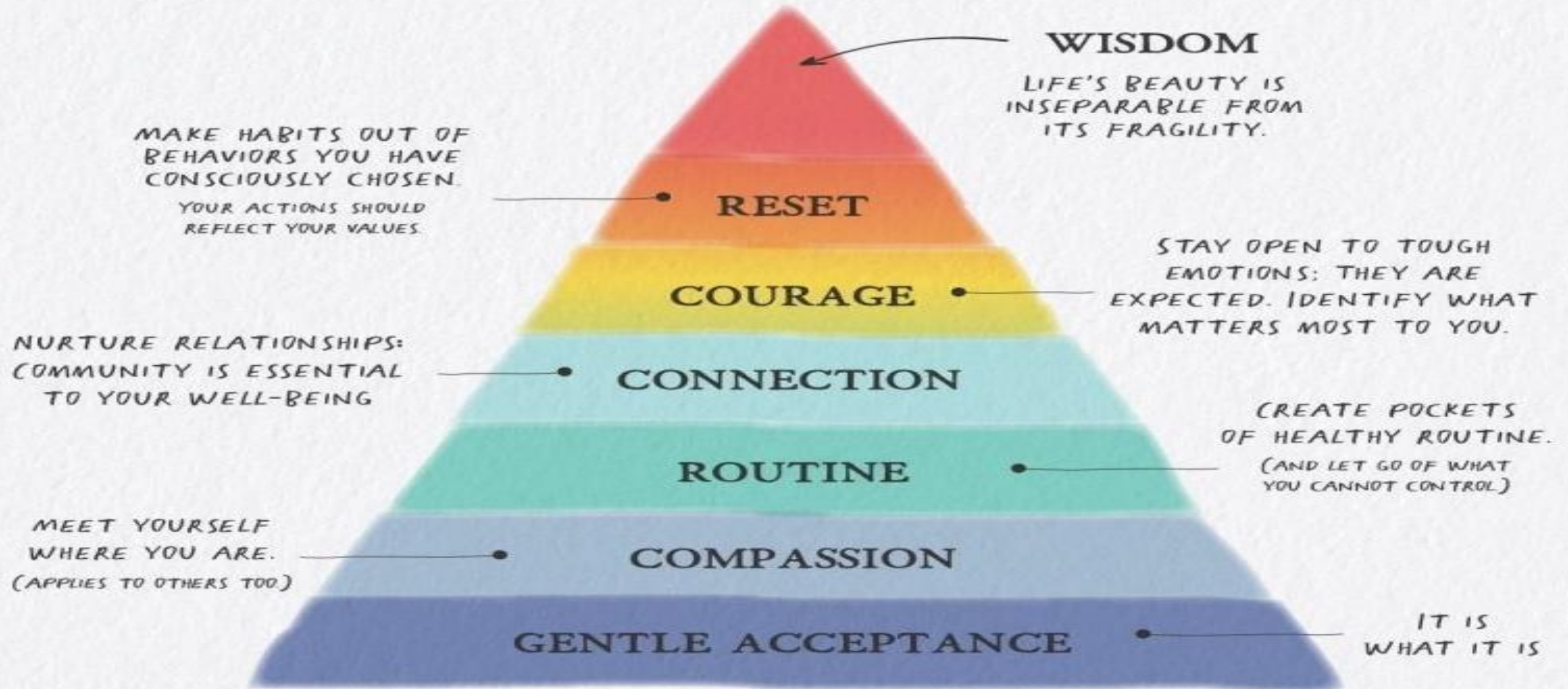
2020 had forced you to grow exponentially. Don't take this year for granted.

@ASHLEYLYNNETHETICS

EMOTIONAL PYRAMID OF NEEDS

SUSAN DAVID

EMOTIONAL
AGILITY



Recover

ROUTINE

HUMAN BEINGS NEED **ROUTINE** IN ORDER TO MAINTAIN A SENSE OF ORDER. IT'S THE GLUE THAT HOLDS US TOGETHER FROM DAY TO DAY.

HEALTHY ROUTINES ARE ESSENTIAL, SPECIFICALLY THOSE ASSOCIATED WITH **SLEEP, EXERCISE AND EATING.**

OUR BODIES AND MINDS ARE SO INTERCONNECTED THAT OUR PHYSICAL HEALTH OFTEN REFLECTS OUR PSYCHOLOGICAL STATE.

**EMOTIONAL
AGILITY**

SUSAN DAVID

ROUTINE

YOUR TURN:

IDENTIFY AN AREA OF YOUR LIFE THAT FEELS STAGNANT AND PLAN TO INCORPORATE A **SMALL, VALUES-ALIGNED CHANGE.**

USE THE **PIGGYBACK PRINCIPLE**: EASE THE CREATION OF A NEW BEHAVIOR BY LINKING IT TO AN EXISTING HABIT. WHAT IS A NEW HABIT YOU WOULD LIKE TO BUILD? WHICH CURRENTLY-EXISTING HABIT COULD IT BE LINKED TO? _____

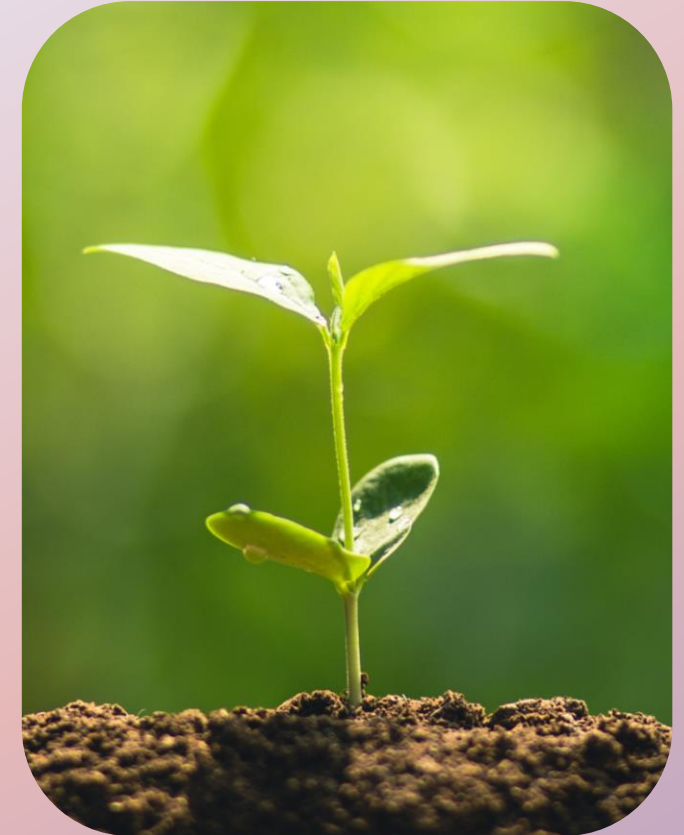
**EMOTIONAL
AGILITY**

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Fixed Mindset vs Growth Mindset

- Limiting
- Avoids challenges
- Stagnant learning
- Feedback = criticism
- “I’m only good at....”
- Mistakes are failure
Threatened by success
of others


- Limitless
- Embraces challenges
- Always learning
- Welcomes feedback
- “I can be good at....”
- Mistakes are learning
opportunities
- Finds inspiration in the
success of others

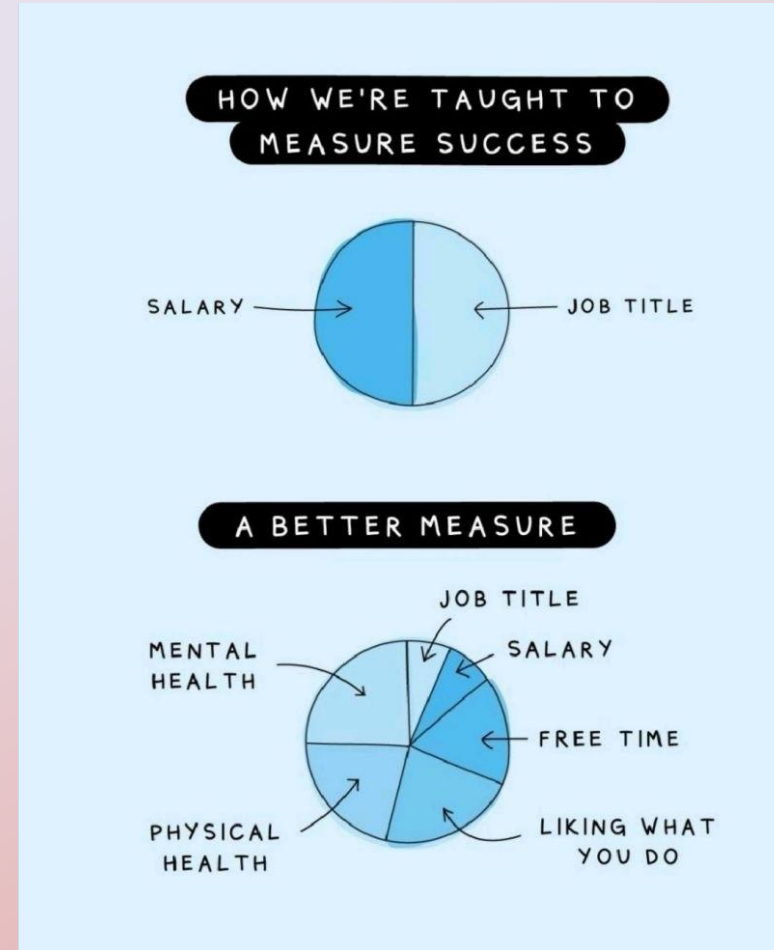


Bouncing Back After COVID19

REPOSITION

Your North Star

 **How do You Define Success?**



Wheel of Life

- Take a 360 assessment of your life by categorizing and listing the different areas of your life, marriage, health, finances etc.
- Under each category, give a % rating of how you think that area currently fulfills you, e.g., health = 70%, finances = 40%, marriage = 50%
- Once completed, you have an overall 360 view of the areas of your life with opportunity for growth, development and change.

Values – Your North Star

- **What is most important for you to have in, order for you to live your best life right now? Consider these to be your values...e.g.**
 - Service to others
 - Fun

Values – Your North Star

Values that
are
important
to me

 Integrity

 Service

 Faithfulness

 Honesty

 Compassion

 Adventure

Values - Your North Star

- **Defining your values helps keep you centered amidst a crisis.**
- **List the values that are important for you to live your best life right now**
- **Rank them as the top 10, then refine them to the top 5**

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REVIVE

The Power of Choice

“Everything can be taken from a [person] but one thing: the last of human freedoms – to choose one’s attitude in a given set of circumstances, to choose one’s own way.” Victor Frankl

Revive

- **Clarity out of Chaos**
- **Opportunity out of Crisis**
- **Re-Align with your Purpose**
- **Build Network**
- **Learn from Others**
- **Transferable Skills**

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THRIVE!

Thrive!... Be Intentional

3 Steps to becoming more self-compassionate

- 1 Speak to yourself in the third person. “Susy, what do you need right now?”
- 2 Keep your eyes on your own work—social comparison is detrimental to self-acceptance.
- 3 Own your story (rather than it owning you) and let go of narratives that no longer serve you.

Self-compassion is the
antidote to shame.

EMOTIONAL AGILITY

SUSAN DAVID

HOW TO BUILD Emotional Agility

1. Foster the **courage and compassion** to face your difficult emotions.
2. **Shift perspective**—zoom out to take the broader view.
3. **Let go of “being right.”** Choose curiosity instead.
4. **Identify your why**—your values.
5. **Walk your why.** Make daily choices that reflect what matters to you.
6. **Grow.** Take on challenges that push you to the edge of your ability, even when it’s uncomfortable.
7. **Be open to change.** Life changes. You change. Know when to grit and when to quit.

EMOTIONAL AGILITY

SUSAN DAVID



Questions & Discussion



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