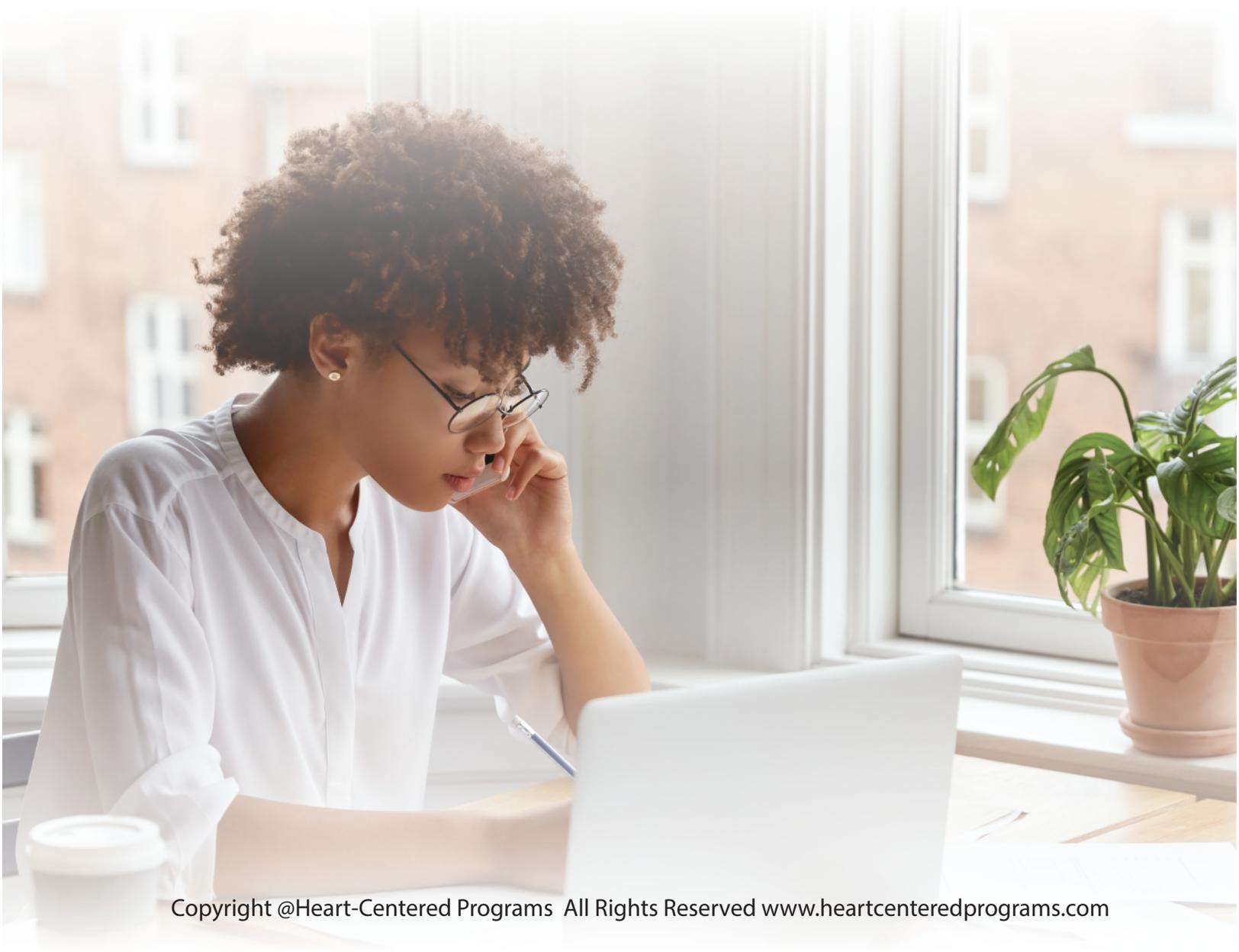
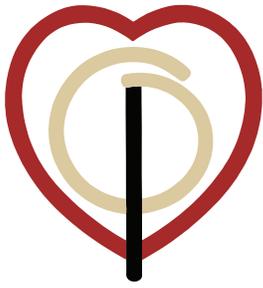


Heart Centered
PROGRAMS

GOLD NUGGETS AND SILVER LINING





Heart Centered

PROGRAMS

Empowering People to Work with Passions, Purpose and Play

I know there are a lot of us right now struggling emotionally, professionally, and financially due to the COVID-19 pandemic. It has literally changed the way we work, live and play. It is easy to get 'stuck in the muck' of the daily deluge of information, miscommunication, and 'doom and gloom' outlooks.

Now, I am not trying to downplay the facts or seriousness of this illness. There are valid and important reasons we must all follow the health protocols of social distancing and 'Stay at Home' orders. As a business owner I have absolutely been impacted by the 'Stay at Home' order. My clients have cancelled all their engagements and I am working with many of them virtually to devise 'Best Practices' for managing W@H employees. (See article on Work/Life Blending)

What I am suggesting - actually recommending - is instead of focusing on the negative impact of this pandemic, we put our attention on creating a more positive future. Unless we can find the **'Silver Linings'** and **'Gold Nuggets'** in our lives, our mental health will suffer, and we may never fully recover from this pandemic emotionally.

The stock market will no doubt recover, companies will reopen, and employees will go back to work. It will not be as it was before; it's impossible to go back to 'Business as Usual'. We are in a 'New Normal' and day by day redefining what our newer normal may look like.

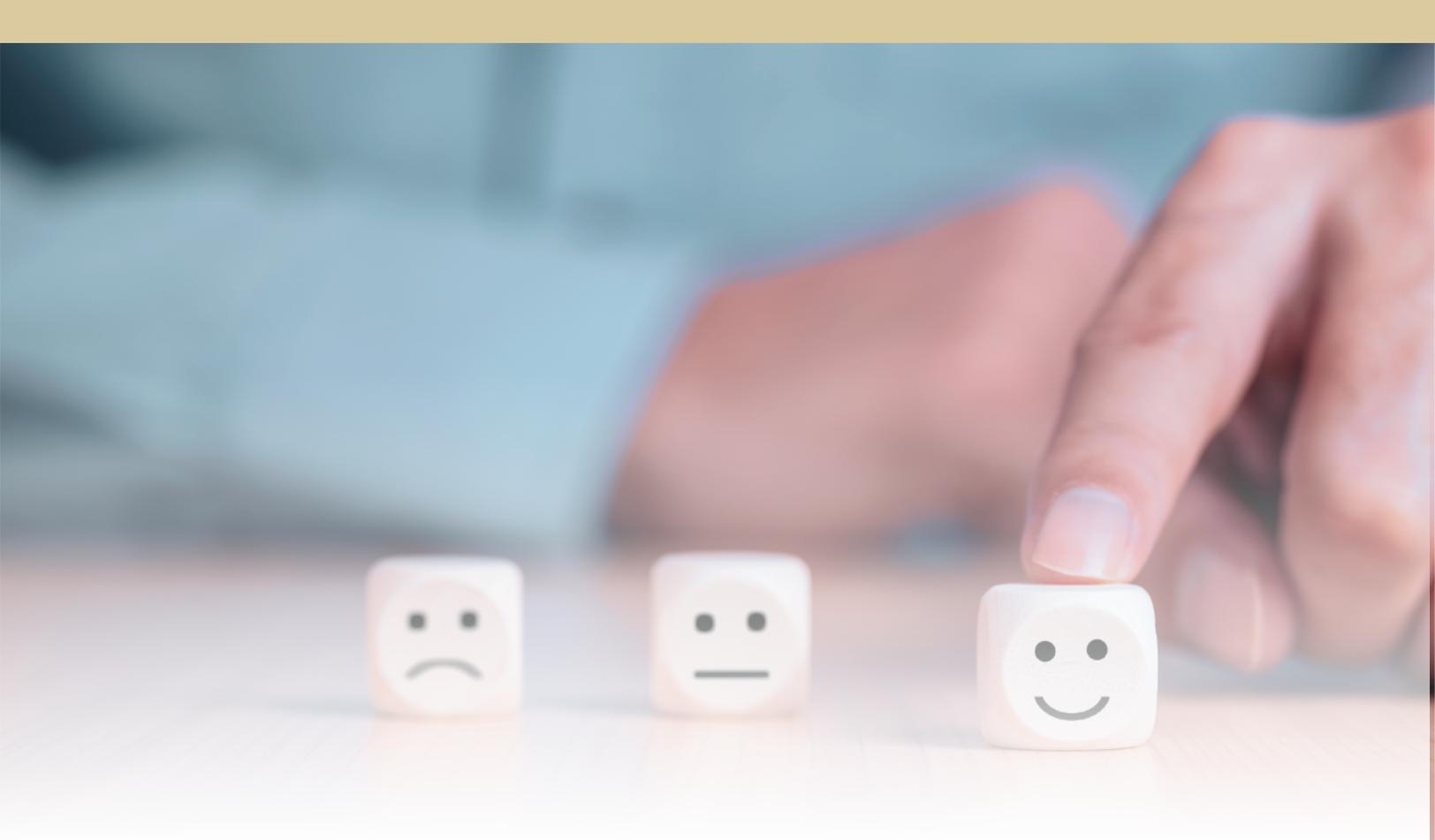
They say the best way to predict the future is to create it! * Let's get creative with a different way of looking at this situation. Do we want to create a scary future or one that is filled with unlimited possibilities?

Here is my list of Silver Linings and Gold Nuggets:

- Saving Time on Commuting and Getting Ready in the Morning
- Saving money on Gas and Toiletries
- Having more Time (see above) for Self-Care Practices
- Expanding my online Network
- Devising Creative and Fun ways to connect Socially
- Utilizing free time to learn new Skill or Talent
- Provides Opportunity to step into Self-Leadership
- Being more philanthropic & Helping others
- More quality time with Family & Pets
- Reconnecting to Core Values
- Recognizing Global means, we really are 'All in this Together'

We will get through this. When we focus on **Positive** things, like the list above and express **Gratitude** and **Appreciation**, we will find those precious gold and silver linings we all crave! If you need help sifting through the muck, give me a call..

* Quote attributed to President Lincoln and Peter Drucker



Partial client list includes: City of Los Angeles, Honda, Toyota, Ernst & Young Claremont Colleges, CDC, USC, Los Angeles Community Colleges, Verity Health System, L'Oreal, Bunim-Murray Productions, In N Out Burgers, Optum, Humana, Managed Health Network, and others.

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