

HELPING YOUR TEAM PREPARE FOR THE 'NEXT NORMAL'

Some reflections to help you dream, discover and discuss

PLEASE USE THESE REFLECTIONS TO HELP FACILITATE CONVERSATIONS ACROSS YOUR TEAM SO YOU CAN START THE JOURNEY TOGETHER TOWARDS 'LIFE AFTER COVID'

SOME IDEAS FOR SHARING THESE THOUGHTS

- Send them out to your team and encourage discussions with their families and come back as a group to discuss
- Start the conversation during your weekly team meeting and have a group discussion live
- Have one-on-one conversations with each of your team and encourage them to reflect and work through the reflections
- Float 1-2 ideas during a weekly team Zoom drinks catch-up – have some fun with the reflections as thought starters

LET'S REFLECT...

What have been the most challenging things for me about the pandemic (or lock down)?

How am I reacting to the pandemic (or lockdown)?

- My hopes
- My fears or concerns
- My #1 thought or feeling about what has been happening...

SOME GREAT STUFF

What am I 'bringing' to this pandemic experience?

- Gifts that I am discovering or rediscovering
- Relationships that I have spent more time on
- Reflections of myself

WHERE WAS MY ATTENTION BEFORE THE LOCKDOWN?

Rank the order of each of the factors from 1 to 7, 1 being where you spent most of your energy, attention and focus. Place the numbers in the circles.



HOW WILL I SHIFT MY ATTENTION MOVING FORWARD?

Rank the order of each of the factors from 1 to 7, 1 being where you want or plan to spend your energy, focus and attention. Place the numbers in the circles.



MOVING FORWARD...

Coming out of the pandemic, I commit to these 'experiments':

- Things I want to hold onto or keep doing from 'before'
- Things I will let go of/ stop doing from 'before'
- Things I will start doing more of in the 'next normal'

MY COMMITMENT

ONE simple act that I commit to DO or BE in response to my pandemic / lock-down experience — as soon as humanly possible?

Encourage your team to share their commitments, and potential create a virtual 'commitment wall' or space where they can share

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WE'RE ALL IN THIS TOGETHER

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