

WORKFORCE IN TRANSITION: Managing Mental Wellness of Your Remote Teams

HOSTED BY



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A woman with curly hair and glasses is sitting on a couch, working on a laptop. The image is overlaid with a blue tint. A yellow banner with the text "BRAVE NEW WORKPLACE" is centered over the image.

BRAVE NEW WORKPLACE

BRAVE NEW WORKPLACE

A woman with dark hair, wearing a white turtleneck sweater and dark pinstriped trousers, is sitting in a chair. She is holding a black smartphone in her right hand and looking at the screen. The background is dark and out of focus.

Enabled by technology

A man is sitting at a wooden table in a cafe or office setting. He is wearing a light blue t-shirt and is looking down at a laptop on the table. There are wooden chairs around the table and pendant lights hanging from the ceiling. The scene is dimly lit.

**Unphased by remote
working conditions**

A person is standing in front of a large, multi-paned window. They are wearing a dark shirt and dark pants. The person's hand is pressed against the glass. Bright sunlight is streaming in from the window, creating a strong glare. The interior is dark, while the view outside the window is bright.

**Feeling pains of social
isolation**



Hope Compassion Optimism Concern
Love Gratitude Care Courage Bravery
Peace Kindness

EMOTIONAL

ROLLERCOASTER

Devastation Frustration
Worry Grief Fear Loss Overwhelmed
Uncertainty Guilt Panic Anger Anxiety
Frustration Apprehension Helplessness

PROTECTING MENTAL HEALTH IN BRAVE NEW WORKPLACE

- ✓ TOLERATE UNCERTAINTY
- ✓ CONTROL THE ONLY CONTROLLABLE
- ✓ PRACTICE GRATITUDE: SCAN FOR WHAT IS GOOD
- ✓ STAY CONNECTED

A RESILIENCE MODEL FOR THE BRAVE NEW WORKPLACE



A RESILIENCE MODEL FOR THE BRAVE NEW WORKPLACE



USING RESILIENCE TO EXCEL IN BRAVE NEW WORKPLACE

Be clear on your BRAND

USING RESILIENCE TO EXCEL IN BRAVE NEW WORKPLACE



A woman with long blonde hair is sitting on a ledge, looking out a window at a city building. The image has a blue tint and is used as a background for the text.

USING RESILIENCE TO EXCEL IN BRAVE NEW WORKPLACE

MINDFULNESS: BE. HERE. NOW

USING RESILIENCE TO EXCEL IN BRAVE NEW WORKPLACE



HARDINESS: USE 3C's

COMMITMENT

CONTROL

CHALLENGE

CONNECT



HOW LEADERS CAN ENABLE RESILIENCE IN BRAVE NEW WORKPLACE

1. NO SUCH THING AS 'OVERCOMMUNICATION'
2. TRANSPARENCY > AUTHORITY
3. EXTRA MEETING DECORUM
4. EXPLICITLY MODEL THE CULTURE YOU'VE CREATED

HOW TO MAXIMIZE TECHNOLOGY IN THE BRAVE NEW WORKPLACE

1. PICK AND STICK TO YOUR MEETING PLATFORM
2. ACCEPT A LIFE BEYOND EMAIL
3. MAKE AND KEEP BOUNDARIES
4. SET ASIDE TIME FOR DEEP WORK
5. TECH SHOULD WORK FOR YOU, NOT AGAINST

THANK YOU!



BUILD RESILIENCE. GET AHEAD OF ADVERSITY

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QUESTIONS?



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