WORKFORCE IN TRANSITION: Managing Mental Wellness of Your Remote Teams

HOSTED BY



Dr. Ryan ToddPsychiatrist | CEO of *headversity*

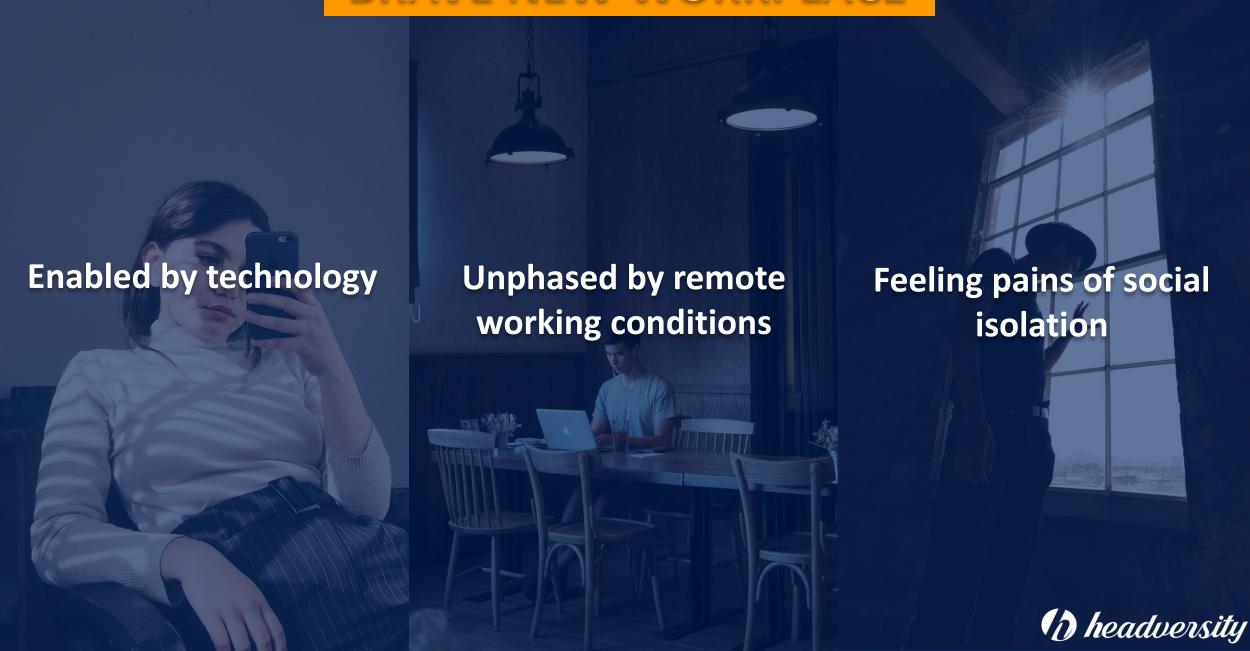


Dr. Karen MacNeillPerformance Psychologist | CPO of *headversity*





BRAVE NEW WORKPLACE



Hope Optimism Concern Gratitude Courage Peace Bravery

Frustration

Anxiety

headversity

EMOTIONAL

ROLLERCOASTER

Devastation Fear Loss Grief Overwhelmed Worry Anger Panic Frustration Uncertainty 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







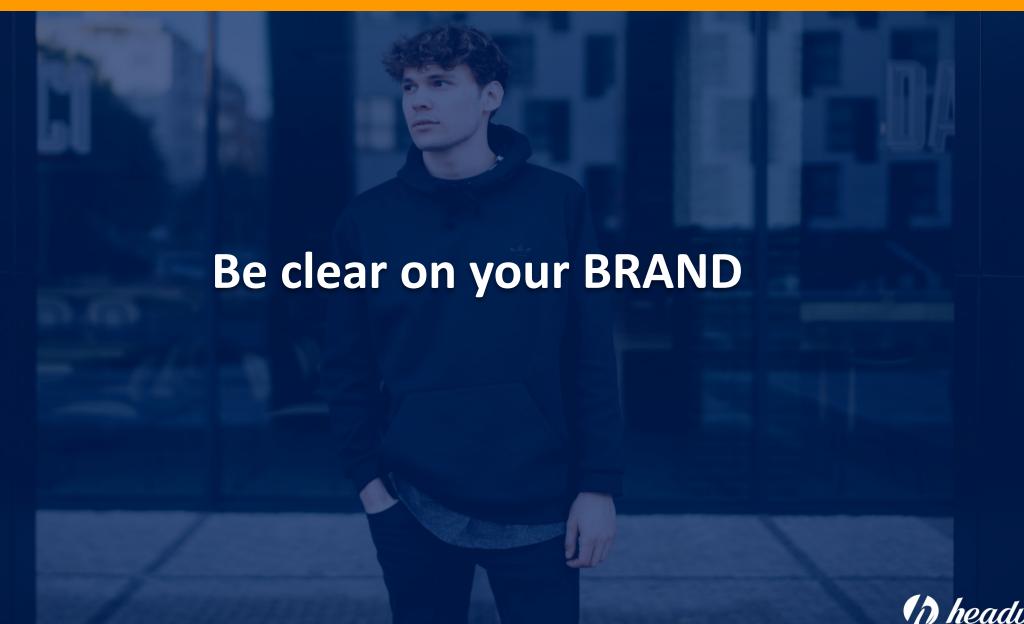
A RESILIENCE MODEL FOR THE BRAVE NEW WORKPLACE







USING RESILIENCE TO EXCEL IN BRAVE NEW WORKPLACE



(1) headversity

USING RESILIENCE TO EXCEL IN BRAVE NEW WORKPLACE









USING RESILIENCE TO EXCEL IN BRAVE NEW WORKPLACE







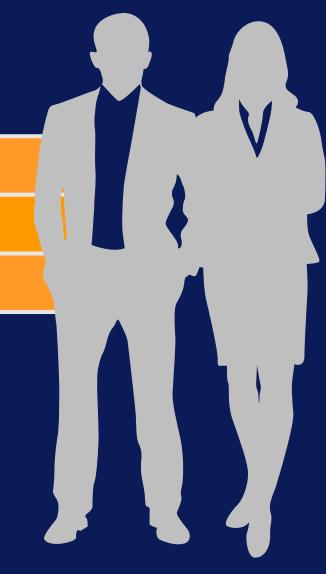
HARDINESS: USE 3C's

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

headversity promo offer for webinar attendees:

Go to

https://www.headversity.com/hr-insider

QUESTIONS?



Dr. Ryan Todd

Psychiatrist | CEO of headversity



Dr. Karen MacNeill
Performance Psychologist | CPO of headversity

headversity promo offer for webinar attendees:

https://www.headversity.com/hr-insider