

Leading Through Disruption: Succeeding in a COVID World



Personal Reflection and Resources April 2020

Leading through disruption means taking action amidst radical change.

What you begin to create *today* will make a difference for years to come.

What will you create for yourself, your family, community, business or career?

<i>Yourself</i>	Take care of yourself first. What's one thing you can do differently to protect your mental and physical health?
<i>Family</i>	If you have children, how can you create more joyful moments? How can you make a difference to one family member?
<i>Community</i>	How can you make a difference in one of your communities?
<i>Business & Career</i>	What knowledge, resources and assets can you use differently? What skills can you develop? What can you try for the first or second time?

Get your ideas flowing by writing answers to these questions.

What are your strengths?

What skills and strengths could you be using in a different way?

How are you positioned to do things differently?

What have you thought about doing but not acted on?

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What opportunities can you create in our “new” world?

What personal disruption did you weather?

What skills, talents and knowledge did you use to get through it?

What skills, talents and knowledge did you gain that you can use today?

What might you create for yourself, family, community or business and career? What first steps will you take?	
<i>Yourself</i>	
<i>Family</i>	
<i>Community</i>	
<i>Business & Career</i>	

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Recommended Resources

Podcasts

Quote of the Day Show with Sean Croxton

Inside Wellbeing with Saba Bando

Founders and Startups with Lisa Conners Vogt

Good Life Project with Jonathan Fields

Caffeine for the Soul with Michael Neill

On Being with Krista Tippett

Books

Creator; Crazy Good; Shift Your Mind and other books by Steve Chandler

The Big Leap by Gay Hendricks

Light is the New Black by Rebecca Campbell

Atomic Habits by James Clear

Playing Big by Tara Mohr

The Inside Out Revolution by Michael Neill

Apps

- Haven Meditations
- Insight Timer
- Headspace