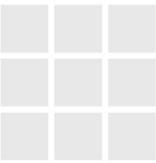




Leading in a Virtual Work Environment
LEARN & SHARE



Session Objectives



Discover resources and tools for remote working and leading dispersed teams



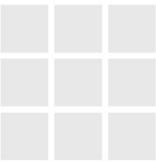
Engage in meaningful conversation about current opportunities and challenges



Share insights and explore best practices in addressing challenges



Review key takeaways that could be shared broadly



Session Guidelines



Remain curious and ready to 'unlearn' as appropriate



Co-create a passionate shared enjoyment of thinking and exploring together:

- Actively participate; ask questions, share thoughts
- Respectfully challenge thinking and agree to disagree [remember we are sharing perspectives not just facts]
- Keep your responses short and concise so others can also participate

What is VUCA?

A term used to describe the new challenges facing leaders. VUCA presents boundaries for planning, managing and leading. It sharpens our capacity to look ahead, plan ahead and move ahead.

Volatility

The nature and dynamics of change and the rate of speed of the change.

Uncertainty

The lack of predictability, the prospects for surprise & the lack of clarity about the future.



Complexity

The multiplex of forces, the confronting of issues and the chaos and confusion that surround an organization.

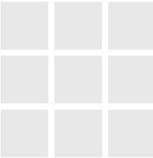
Ambiguity

Lack of clarity about meaning of trends and events.



DISCUSS – SHARE – LEARN

- What are you learning?
- What challenges are you facing?
- How can you help other leaders on this call with your insights and best practices?



How Do We Align Challenges, Opportunities and Best Practices to M.A.P.?

Morale



How do you keep your teams engaged and connected?

Activity



What should you and your team do during this changing climate to learn, understand and be better prepared?

Productivity



How do you ensure your team is collaborative, participative, effective & energized?

How a Leader Deals with VUCA?

V: Vision	U: Understanding	C: Clarity	A: Agility
 COMMUNICATE: relentlessly communicate a sense of purpose and <i>lead</i> people towards it	CURIOSITY: ask questions (coach) that challenge the status quo in your organization every day	SIMPLIFY: cut through the complexity and distill the core down to its essence	DECISIVENESS: adapt quickly to changing circumstances and make decisions with confidence
 BELIEF: in yourself and others, supported by facts and evidence	EMPATHY: get where people are coming from – their hopes, fears and desires	INTUITION: use the gift of knowing without reasoning, trust your gut and your experience	INNOVATE: learn from your mistakes and continuously seek new ways to get better at what you do
 FOCUS: ensure your team's efforts are aligned and focused on the right areas	OPEN MIND: explore new ideas, reflect and seek constructive criticism	SYSTEMS THINKING: approach problems from a holistic perspective (a system of dynamic, interacting and interdependent parts.)	EMPOWER: value networks over hierarchy, collaboration over control and set people free to do great work



OUR INSIGHTS

Key Insights

“M” Morale

- A “recent study found that people who were exposed to just three minutes of negative news early in the morning had a 27% greater likelihood of saying they’d had a bad day six to eight hours later than those who watched inspiring news.” **So start your day on a calm, positive note!**
- “Building **short bursts of exercise** into your day could protect you from the mental and physical effects of stress.”



Surround yourself with happiness

Key Insights

“A” Activity

- Feel good by **Giving**
- Boost our Immune System
 - ✓ Eat Healthy
 - ✓ Exercise
 - ✓ Sleep



Dr. Greger's Daily Dozen

Everything we should ideally strive to fit into our daily routine for optimal health and longevity.

Category	Item	Servings	Notes
Food	BEANS	3 per day	~ 130g cooked beans, 60g hummus
	FRUITS	3 per day	~ 1 medium fruit, 40g dried fruit
	GREENS	2 per day	~ 60g raw, 90g cooked
	FLAXSEED	1 per day	~ 1 tablespoon ground
	GRAINS	3 per day	~ 100g hot cereal, 1 slice of bread
	EXERCISE	Once per day	~ 90 min. moderate or 40 min. vigorous
	BERRIES	1 per day	~ 60g fresh or frozen, 40g dried
CRUCIFEROUS	1 per day	~ 30-80g chopped, 1 tbs horseradish	
VEGETABLES	2 per day	~ 50g nonleafy vegetables	
NUTS	1 per day	~ 30g nuts, 2 tbs nut butter	
SPICES	1 per day	~ 1/4 teaspoon turmeric	
BEVERAGES	1750ml per day	~ water, green tea, hibiscus tea	

Download Dr. Greger's Daily Dozen app and start tracking your daily servings right now.

Don't forget about these two essential vitamins:

- VITAMIN B12 2500 mcg cyanocobalamin once a week
- VITAMIN D For those getting inadequate sun 2000 IU of D3 a day

NutritionFacts.org

EWG'S 2020 DIRTY 12™

1. Strawberries	5. Apples	9. Pears
2. Spinach	6. Grapes	10. Tomatoes
3. Kale	7. Peaches	11. Celery
4. Nectarines	8. Cherries	12. Potatoes

EWG'S 2020 CLEAN 15™

1. Avocados	6. Sweet Peas (Frozen)	11. Broccoli
2. Sweet Corn	7. Eggplant	12. Mushrooms
3. Pineapple	8. Asparagus	13. Cabbage
4. Onions	9. Cauliflower	14. Honeydew Melon
5. Papaya	10. Cantaloupe	15. Kiwi

Key Insights

“P” Productivity:

- Use a family huddle to provide a plan for the day...and make it visible!
- Apply a more structured facilitation approach to your team meetings and huddles.





THANK YOU