



30TH ANNIVERSARY

A Perfect Virtual Event

by Meg O'Brien

I've heard a lot about Zoom fatigue. I have Zoom, Go To Meeting, Skype, WebEx, and Teams fatigue. So, I was surprised and excited to have such a dynamic Zoom Leadership Development session during the Spring Leadership Summit. I hope you were able to take advantage of the free content from CREW Network! In case you weren't.....I took notes 😊 Here's my share!

Aman Gohal shared her coaching approach to "Growing to a Higher Self". COVID (*sigh*) impacts go well beyond Zoom fatigue. The majority of us are experiencing the effects fewer boundaries between our personal and professional lives (visual of small children climbing on a lap during a CEO convo). We're all learning how to problem-solve with IT tech issues (my blood pressure just took a jump. If I have to figure out ONE.MORE.PLATFORM.....) Aman acknowledged the stress and moved us quickly to thinking about the opportunities available during this life-changing time.

Life is not linear, despite our best Type-A efforts to iron out the road ahead. (Remember Robin Roberts telling us that everyone has something?) Take each potholes as an opportunity to learn. To cut it to basics, it's OK to head back to your "base state". We've all been rocked and may have gone to our "fallback position". There's no shame, EVERYONE does it. It doesn't mean you're not able to handle leadership or life. It's our brains way of taking a moment to digest what's happening. Some of us react with Fright. Some of us react with Fight. Some people have a Freeze or Appease reaction. Most of us have some combination of all of these. Aman gave us a link to a self-assessment. If you're curious, you can assess yourself as well (trust me, it's worth the 5 minutes): www.positiveintelligence.com

Aman now gave us a warning about not over-doing a good thing. Yes, Gelati Celesti is a definite go-to all year long. But too much Gelati Celesti sets me back a few pounds. Be aware of your actions & keep doing a self-check. Sometimes your outward achievements can mask the ways you are not caring for yourself. Be aware of your boundary between being helpful to others and giving away parts of yourself. I had a flashback to working 17-hour days for months (very productive for the company) & a poignant conversation about the single-parent lifestyle with my husband (divorce/no family/bad bad bad). *shiver.*

Ever wonder why everyone seems to have a great/horrible week at the same time? It's probably because emotions are contagious! When you walk into a room (virtual or brick & mortar), your emotional energy transmits immediately. Be cognizant of the energy you bring. Leaders are self-aware and use their emotional transmission to change the room. Should you find yourself having a "down" emotional moment, the fastest & easiest way to reset your brain is through affirmation & appreciation.

Self-affirmation is tough. Seriously tough. Don't be afraid to reach out to your network to help & be helped. **No one can grow alone.** What can you do if someone reaches out to you? Aman's advice: Be 100% present. Don't fix it. Listen. **We're all here to support each other. It's not just about business. It's about the people.**

