

Judge the Time to Regain



By Infocus

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THE year 2020 will go down in history books as the year of the COVID-19 pandemic. The virus travelled without restriction across the planet, affecting millions. Many of us will tell our grandchildren about how the country shut down and how our personal lives changed remarkably, and for most of us, our professional lives also changed significantly.

The coronavirus is deadly serious. There has been no shortage of bad news when it comes to COVID-19. It impacted our ability to be productive and engaged in our work. The substantial shifts in society, institutions, and individuals during the crisis have introduced major uncertainties into our familiar structures. Making matters worse, the negativity is highly contagious and exposure to all this negativity makes even the most optimistic among us feel frustrated, deflated and even depressed. Assumptions about what is true and stable have been upended. These shifts have resulted in macro-level changes and uncertainties about the underpinnings of business and society.

The way to quash this primal alarm is to drown it out with positive, heartwarming, and inspiring things. Now's the moment to fill your mind and soul with all things fun, optimistic and kind.

Ways to regain:

The societal expectations for humanity, time, serendipity, generosity and humor are good ways to regain. Understanding the fears that organizations are dealing with—and how their expectations for safety and security have altered, perhaps forever— will be crucial for leaders as they seek to improve and regain confidence.

We treated lockdown as a boon rather than a bane. This period served as a golden opportunity to have an excellent time for self and family. Lockdown enabled us to learn new skills, enjoy life, and devote time to our hobbies, like gardening, writing, composing, and drawing. It laid out the initial sparks of real change, teaching us how interconnected we are and how delicate the balance between humanity and nature is.

We understood that life has too much to offer provided we have the correct attitude. This pandemic has driven us to re-evaluate our life and assess our priorities. It served as a reminder of how precious life is and to enjoy the small things in life. As a team, we achieved progress in 2020 because everyone came together to set a benchmark to create a legacy of success.