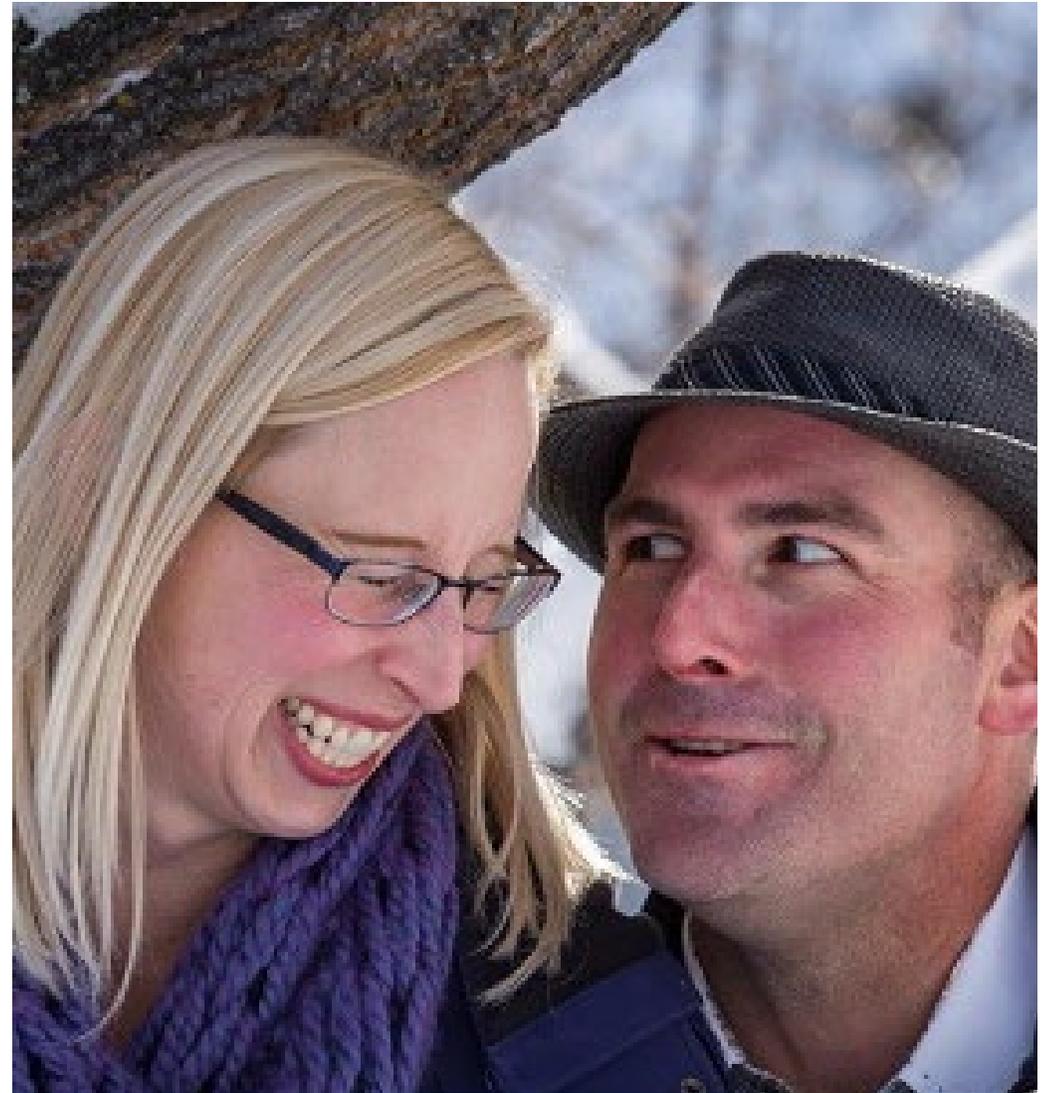


Lindsay Recknell  
expert in — HOPE

Together Forever

**Coming out of  
Isolation Alive**

[www.expertinhope.com](http://www.expertinhope.com)



# ZOOM ETIQUETTE



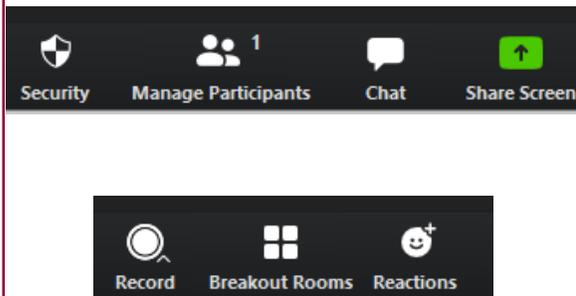
Join with Computer Audio

Test Speaker and Microphone

To: Everyone

File

Type message here...



- Computer vs mobile device
- Turn on your video by clicking the icon
  - Set to Gallery View so you can see everyone at the same time, as well as the presentation
- Make sure your audio is connected either by phone or Computer Audio
- Chat feature – make sure when you open that window, you're set to: Everyone
- Record session for watching later
- Breakout Rooms – not in this session but in other webinars
- Reactions – virtual Clap or Thumbs Up



**"We're having Spirit Week at home since there's no school for the kids. Today, we're kicking it off with 'Meltdown Monday.'"**



**Laura Norkin**   
@inLaurasWords

I'm married to  
a "let's circle  
back" guy -  
who knew?



**Clancy, Use the Remote**  
@RemoteClancy

Hearing my wife in  
meetings - it dawns  
on me that she uses  
personnel manage-  
ment techniques on  
me all the time

**HOMESCHOOL THEY SAID**



**IT'LL BE FUN THEY SAID**

makeameme.org

A woman with red hair is sitting at a desk, looking at a laptop screen. She has a slightly frustrated or tired expression. The background shows a home office or kitchen area with a blue wall and various items on the counter.

Side effect of quarantine is it's really hard to end phone calls. Twice today I almost said "okay I have to run" before realizing there is nowhere to run to

Just finished zoom chat number 3, to discover that shirt is on inside out. [#wfhfail](#)

Anyone else's house looking like a call center? 3 adults working from home, video conferencing, live streaming, and all of the things.



**jilly hendrix**  
@jillyhendrix

Has anyone else moved on from wearing sweatpants and is now just wearing blankets?



ARE YOU STILL  
WEARING  
YOUR  
PAJAMAS?



WHAT IS YOUR  
CURRENT  
STATE OF  
MIND?



HOW'S YOUR  
SELF-CARE?

# TOGETHER FOREVER



“Of all the virtues we can learn, no trait is more useful, more essential for survival, and more likely to improve the quality of life than the ability to transform adversity into an enjoyable challenge”

~ Mihaly Csikszentmihalyi

## AGENDA – HOW TO GET OUT OF THIS ALIVE

1. Advice from the Submariners
2. How I did (and continue to do!) it
3. Everyone thinks differently than you do

## ADVICE FROM THE SUBMARINERS

- Understand the level of organization, tidiness you need – Submarine Lt. Cmdr Charlie Neve
- Adjust, and re-adjust schedules – Submarine Lt. Travis Nicks
- Don't talk politics on board – Chief National Security Correspondent Jim Sciutto
- Keep a relative informality – Chief Petty Officer Simon Johnson
- “Never stop me dreaming” – Lieutenant Gareth Batsford

## HOW I DID IT

- Bought a great set of noise cancelling headphones
- Set boundaries
- “Gamed out” the answers to questions I hadn’t even asked yet
- Figured out ALL the ways to communicate
- Focused on quality over quantity
- Figured out who I was at the office and if that was different than who I was at home
- Created “zones”



## THE NUMBER ONE THING TO REMEMBER

We all think and behave differently

# HOW WE RESPOND UNDER STRESS

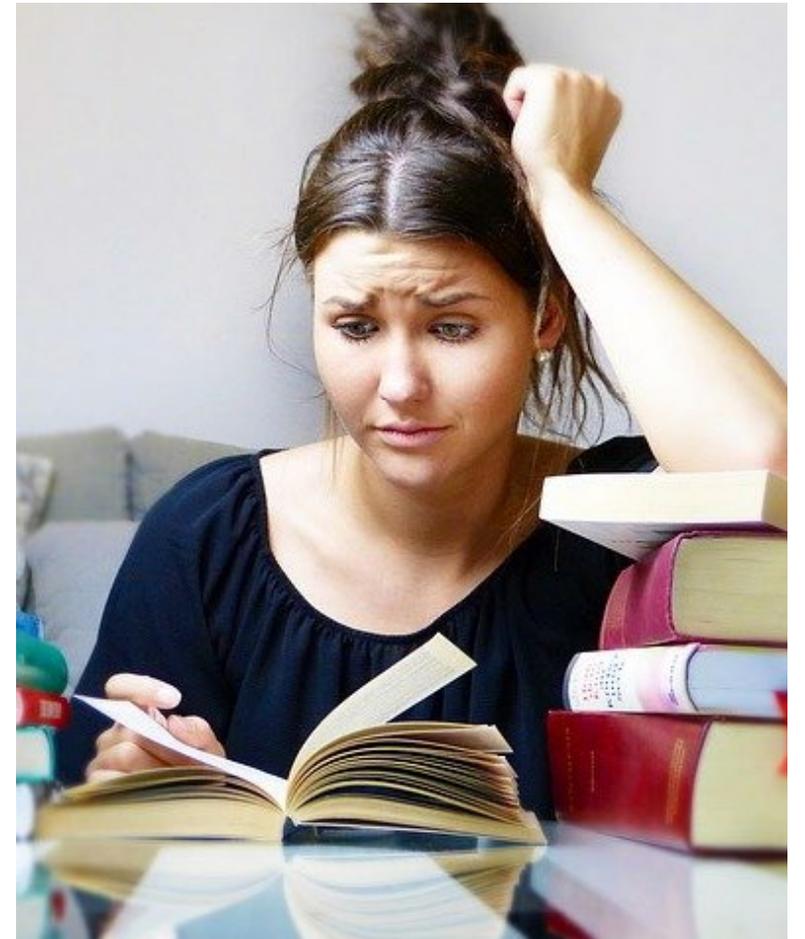
## ANALYTICAL THINKERS

### Under Stress

Analytical thinkers under stress may be perceived as indecisive, so busy gathering information that they lose the value of a quick, definitive decision. They may become impatient with those who haven't come to the same conclusions.

### Manage Stress

Step away from the data for a bit, gain some perspective while not being influenced by the influx of data. Recognize that you can't know everything and accept there are some things you just won't know.



# HOW WE RESPOND UNDER STRESS

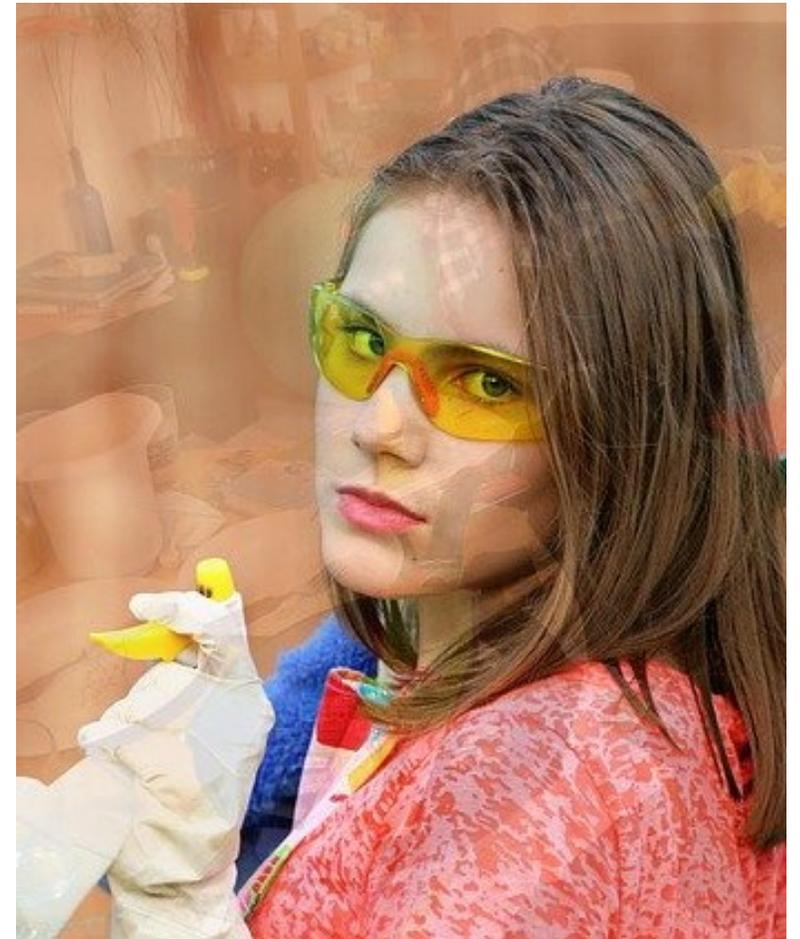
## STRUCTURAL THINKERS

### Under Stress

Structural thinkers under stress can dig in their heels and become overly rigid, self-righteous and possessive. They may get compulsive about the things they can control.

### Manage Stress

Find your version of balance - an equilibrium in your life you can control. Be responsible for yourself and your tasks and delegate tasks to others. Too much or too little responsibility can knock you off balance - create some lists and knock off "low hanging fruit".



# HOW WE RESPOND UNDER STRESS

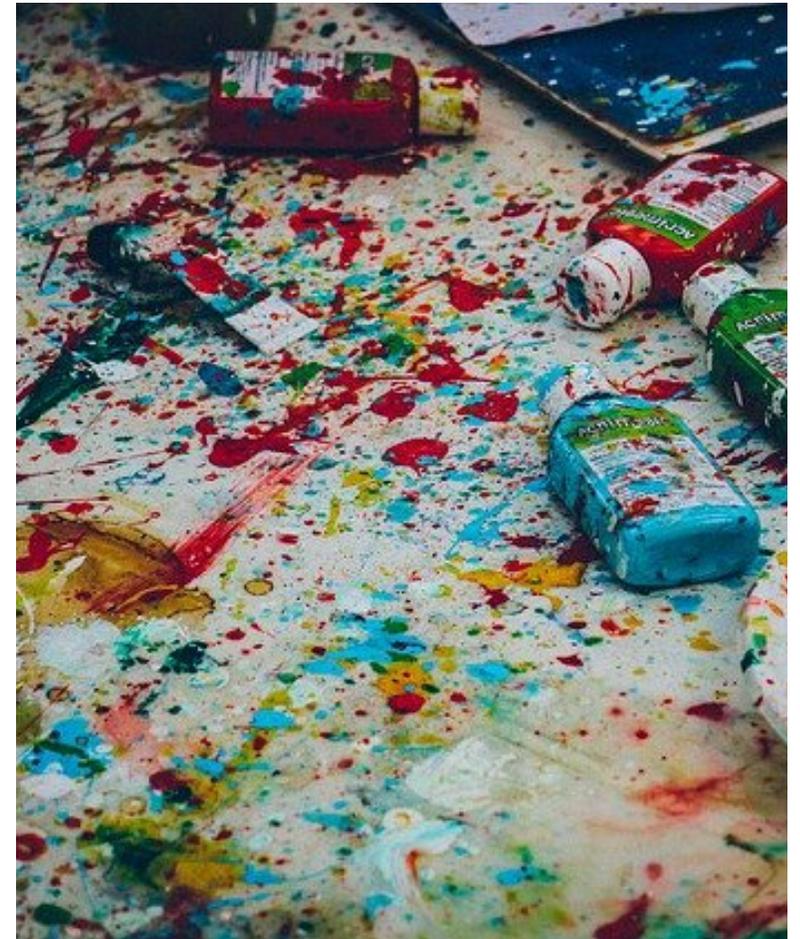
## CONCEPTUAL THINKERS

### Under Stress

Conceptual thinkers under stress will want to skip the details and get straight to the big picture. They may become impatient or brash, wanting to move along to the next thing.

### Manage Stress

Get out of your own head and be present in the moment with others. What you focus on becomes real for you so relocate your attention to more empowering concepts and ideas.



# HOW WE RESPOND UNDER STRESS

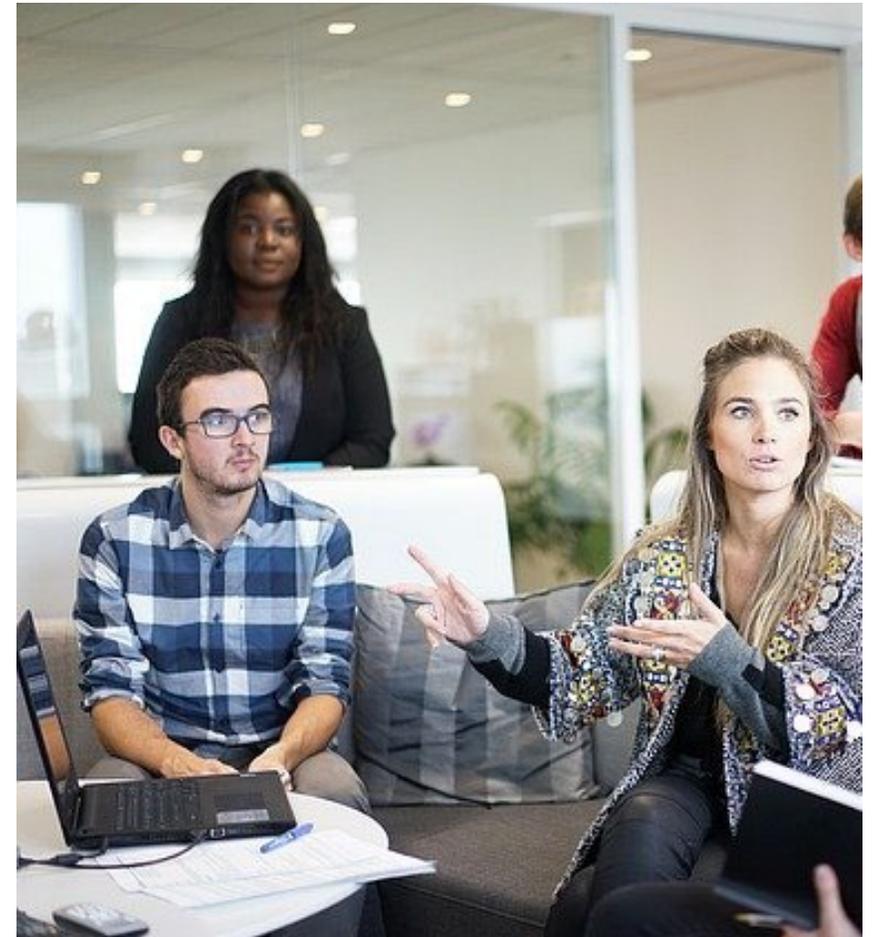
## SOCIAL THINKERS

### Under Stress

Those with a Social thinking preference find great pleasure in connecting with and contributing to others but they can get overextended spending so much time solving others problems and end up putting their own needs last.

### Manage Stress

Focus on what you can control - your own behaviour. Honor your negative emotions then let them go. Express yourself to others in a calm and respectful way - watch your words.





WHICH OF  
THOSE  
THINKING  
PREFERENCES  
RESONATED?



WHAT'S THE FIRST  
THING YOU WILL  
DO ONCE THE  
QUARANTINE IS  
OVER?

I INTEND TO...



I intend to (action) so  
(reason for taking action).

**Example:**

I intend to **learn more about Emergenetics** so I can become more self-aware.

# TOGETHER FOREVER



“Of all the virtues we can learn, no trait is more useful, more essential for survival, and more likely to improve the quality of life than the ability to transform adversity into an enjoyable challenge”

~ Mihaly Csikszentmihalyi