



LEADING IN A CRISIS: COVID 19

The Covid19 pandemic is first and foremost a human tragedy. It is a silent invisible threat to our lives and our way of life. It is ravaging the global economy and forcing everyone to change how they care for their families, how they socialize, and how they work.

This crisis brings a level of uncertainty about the future that can cause us to feel worried, stressful and isolated. The challenges presented by new ways of working can make us frustrated, unfocused and depleted.

The good news is that leaders and their teams can take very specific steps to cope with the crisis, and even emerge stronger for having gone through it if they:

- Improve communication skills to build trust, increase transparency and keep relationships on solid ground
- Strengthen minds, bodies and spirits to weather the storm no matter how long it lasts
- Gain comfort using tools that keep us connected even as social distancing forces us to stay apart
- Make decisions that show care and compassion for co-workers while creating positive outcomes for our companies

This CORP/U Sprint brings together experts on stress and resilience, positive psychology, communication, and organization culture to highlight a selection of best practices that help employees cope with crisis.

University of Michigan professors and best-selling authors Dave Ulrich, Kim Cameron and Bob Quinn share research-backed practices for creating psychological safety in the face of uncertainty, strengthening courage, and creating empowering, positive cultures.

The sprint also features Shawn Achor, author of *The Happiness Advantage* and an expert on stress management, along with organization psychologists from the global consultancy, YSC, who share proven methods for developing resilience.

Author, keynote speaker, and management consultant Mario Moussa also presents tools and methods to help teams work virtually, and improve how they communicate and collaborate.

OUTCOMES

- Understand how to develop the resilience needed to handle the crisis for its duration
- Discover why building courage means doing things while feeling fear
- Recognize how to maintain optimism by finding ways to contribute to others
- Shape a culture that unites all leaders and teams through cooperation and collaboration

YOU WILL

- Define the personal leadership values that will ground your actions and decisions throughout the crisis
- Share new best practices for motivating and communicating with virtual teams
- Identify and describe ways to shape the culture that your team has always wanted

ABOUT THE EXPERTS



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