

- Stress, anxiety and loneliness have increased among working people underscoring the ongoing toll of the COVID-19 pandemic.
- More than half of working adults experienced stress due to changes in their working patterns
- 56% experienced increased anxiety around job security.
- Almost half of all surveyed felt lonely or isolated when working from home.
- More than 40% said their productivity fell and it was hard to get work done at home.

https://www.ipsos.com/en/covid-19-pandemics-impact-workers-lives

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From sense of urgency to sense of energy

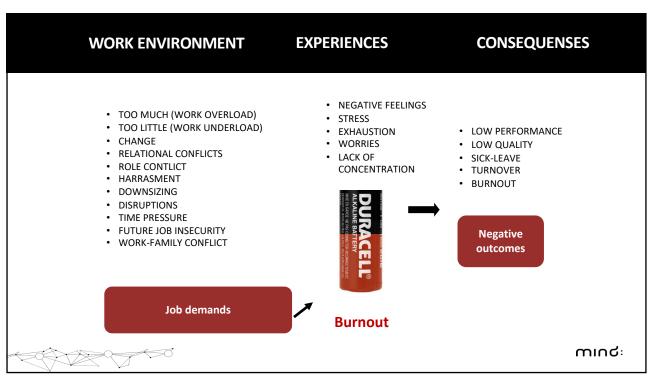
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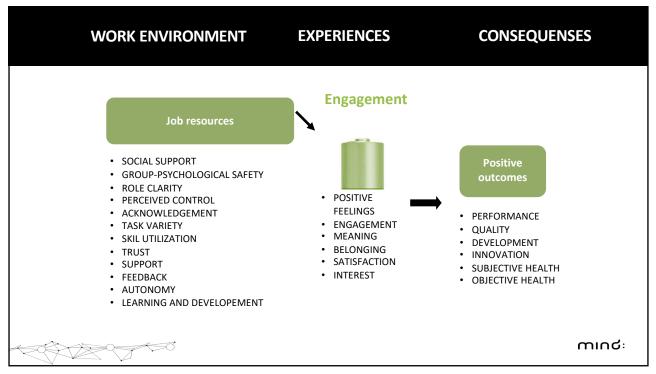
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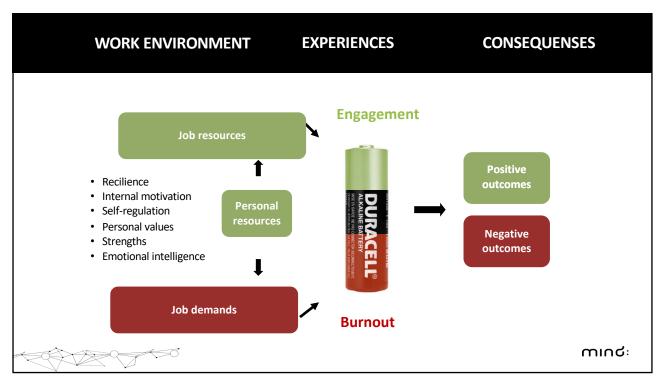


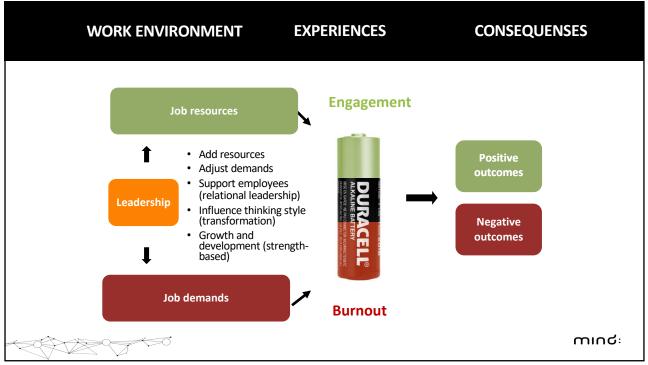
CONSEQUENSES EXPERIENCES WORK ENVIRONMENT Engagement Job resources 1 Positive Personal Leadership resources Negative outcomes Job demands **Burnout** Schaufell, W. B., & Taris, T. W. (2014). A critical review of the Job Demands-Resources Model: Implications for improving work and health. In *Bridging occupational, organizational and public health*(pp. 43-68). Springer, Dordrecht. mind:

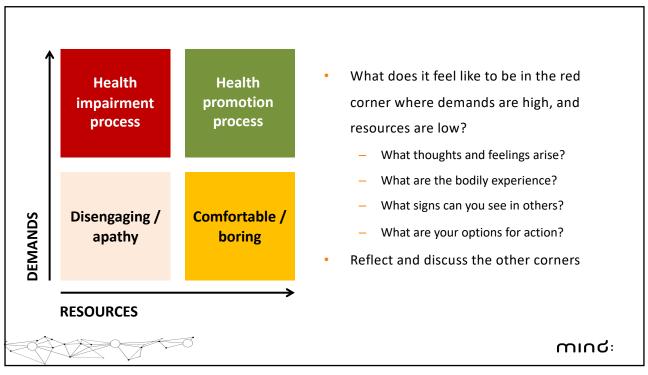
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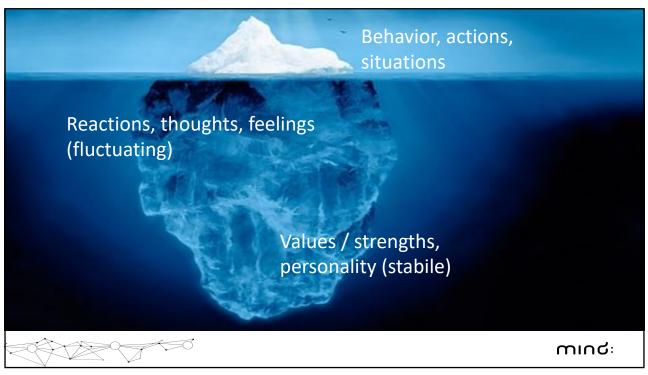






To change behavior, don't focus on behavior

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Wisdom, depth and presence

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- Scientific foundation of value-based leadership
- Key leadership skills
- Assignments and practical tools to download

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