

Managing Self Through a Crisis

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WittKieffer | ▲ C M A



LEADING STRONG IN A TIME OF CRISIS - WEBINAR SERIES

Featured Speakers



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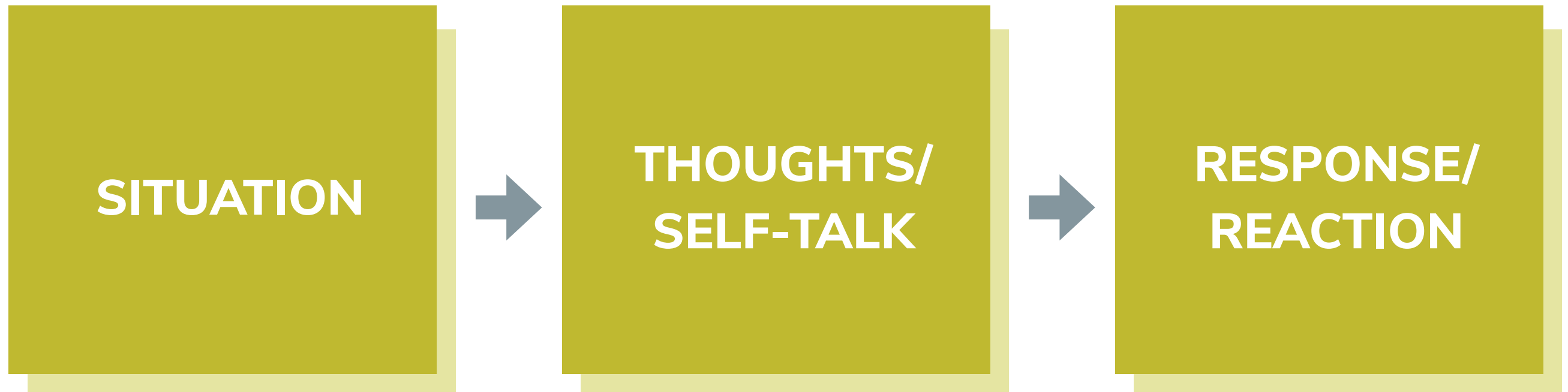


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Senior Consultant
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Key Takeaways

- Strong and effective leaders take good care of themselves.
- Ability to self-manage -> highly successful leaders.
- Healthy self-focus is required for you, your organization, your team, and your family.
- You cannot lead others if your tank is empty.
- You must model it for others.

A Model for Self-Management



Managing Your Situation(s)

Think of ways to buffer or prioritize this input.

Delegation

Set limits

*Scheduled
meetings and
check-ins*

*Borrow triage
techniques*

ACTION PLAN: What are you doing now to buffer your input? What changes do you want to try to make over the next 30 days?

Managing Your Situation(s)

Build your social support network.

*You are leading more
anxious people than you
ever have before*

Talk to people you trust

*Utilize your executive
coach*

ACTION PLAN: What are you doing now? Who do you want to add in that would be helpful to you (and potentially them)?

Managing Your Situation(s)

Maximize your time/workflow management skills.

*Write out and prioritize
tasks*

*Check in with your
leader to ensure
alignment of priorities*

*Cut down on clutter;
keep top priorities in
front of you*

ACTION PLAN: What do you want to modify about your priority list? Are there ingrained ways you spend your time that you need to change?

Managing Your Situation(s) - A Summary

What are your options for managing your “input”?

- Think of ways to buffer or prioritize this input.
- Utilize your social support network.
- Maximize your time/workflow management skills.

Managing Your Thoughts/Self-Talk

- Self-talk:
 - Thinking; inner dialogue
- We can't control our situations, but we can control how we perceive and process them.
- Every time we think, we are talking to ourselves.
- Self-talk has a huge impact on how we ultimately feel and act.
- Shaping self-talk is a critical tool for leaders during extended crises.

How Does It Work?

- Managing your brain helps you avoid cognitive overload and unhealthy thinking.
- You can always control what you tell yourself about the situation.
- It has a big impact on how you feel, and how you act.

NEGATIVE

“I cannot handle this.”
“My team will lose faith in me.”
“This will turn out badly.”

RATIONAL

“This is a tough situation.”
“We need to mobilize.”
“I am not in this alone.”

Differentiate Your Thinking

WORRY

Negative
Open-ended
Repetitive
“Ain’t it awful?”

PROBLEM-SOLVING THINKING

Focused on solutions or action plans
Time-limited
More cognitive than emotional

Listen for this type of talk in others and help them adjust.

Schedule “Worry Time” if you need it.

Focusing Your Mind

- Grief takes the color out of the picture. Don't live in the black and white.
 - You must do this intentionally.

TRY IT!

Review the Three Good Things website and begin to practice it.

<5 minutes per day with documented benefits.

<https://happyproject.in/three-good-things/>
<https://bmjopen.bmj.com/content/7/5/e015826>

TRY IT!

If you are not vigorously active for 30 minutes a day at least three times a week, consider this as both treatment and prophylaxis for the extraordinary stress you are under now.

TRY IT!

Jon Kabat-Zinn showed how practicing mindfulness (*focusing your mind in a particular direction*) can help with stress reduction and pain reduction.

Try it for even just five minutes using apps like Calm or Headspace.

Managing Your Response(s)

RESPOND

- More cognitive and thoughtful
- Think first, make decision, then act
- Making a choice
- Usually best long-term

REACT

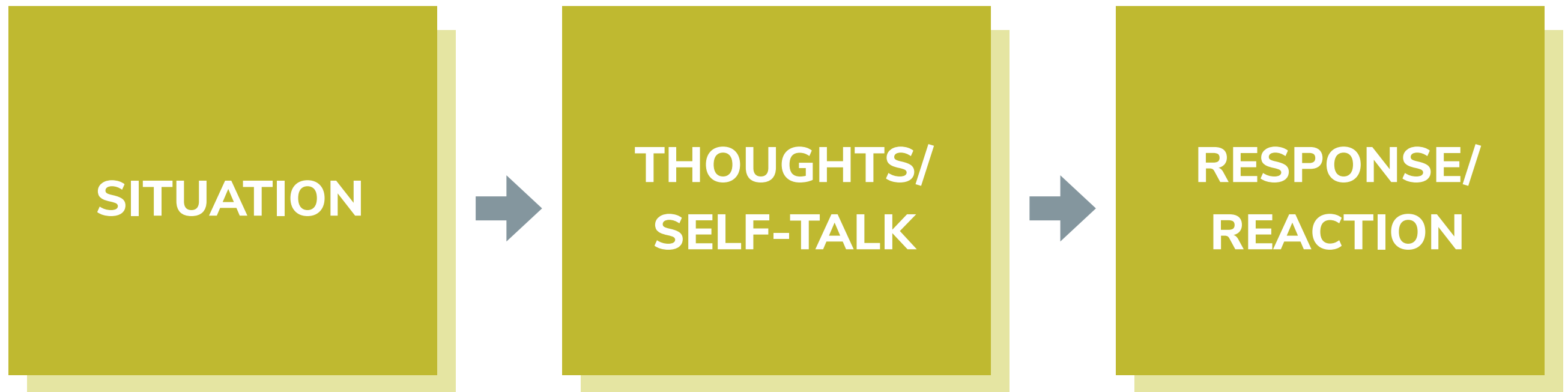
- Based on feelings
- Act and then process afterward
- Adaptive in an emergency/danger situation
- Not as helpful for long-term planning and thinking

Self-Management Skills Require Practice

- You might feel clumsy at first and must practice to get better.
 - Be kind to yourself – 30 days makes a habit!
- Practicing and modeling these skills; it's not self-indulgence, it's good for the team.
- We need to model effective self-focus behaviors to build resilience for ourselves and our teams. It's part of your COVID-19 response.
 - Stress affects everyone. Focus on how we respond.

ACTION PLAN: How can I be a good role model for my team?

Q&A



Thank You

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