

Stress and Energy Management for Leaders during the Covid-19 Pandemic

Eszter Avar

4th June 2020





— Welcome!

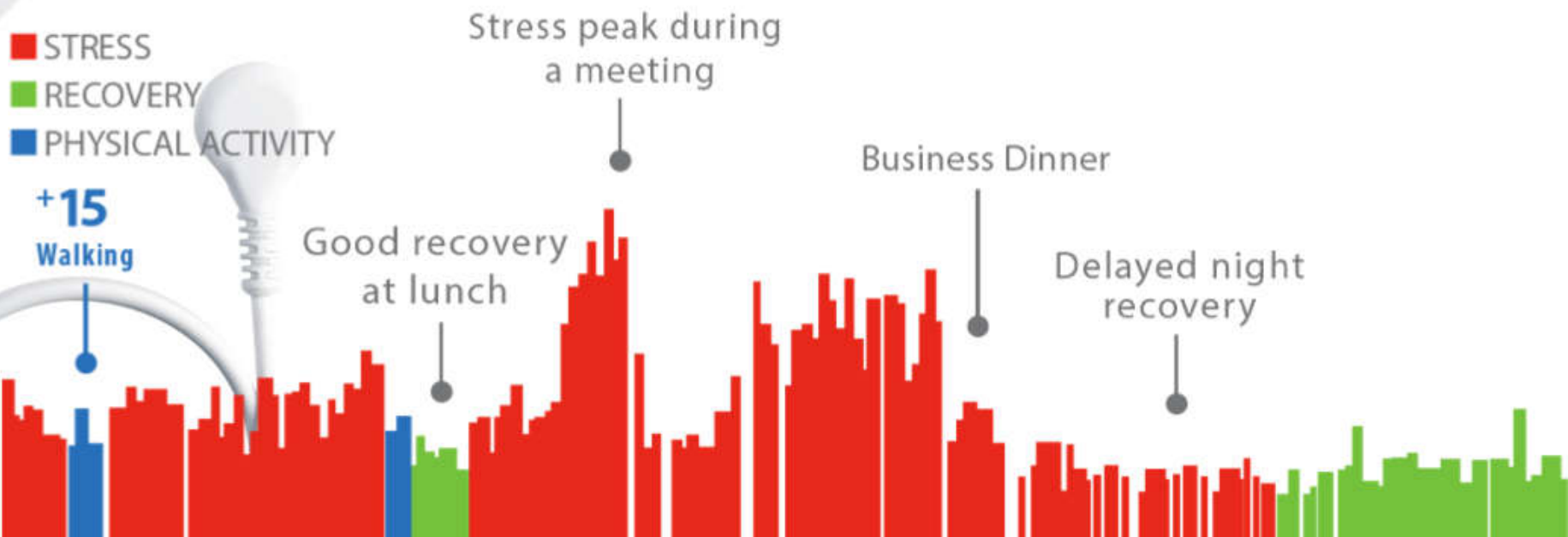
- Your microphones and cameras are now muted
- Ask questions via chat during the webinar
- Moderated Q&A session at the end
- Your names / device names are visible to everyone
- For seeing the slides better you can minimize and move the participant window in the top right corner
- Quick survey at the end – We count on your feedback! 😊

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My personal learning points



- You can deplete your energy and head towards burnout without realizing it.
- It is possible to adopt a more sustainable lifestyle without quitting your job.
- As a leader, I am responsible for the amount of stress my team-members experience in their life.

Some shocking numbers



Among the US working population workplace is the single biggest source of stress.

(American Institute of Stress)

Some shocking numbers



In Great Britain 79%
of the adult population
experiences stress at
the workplace.

(2020 UK Stress Survey –
Perkbox)

Some shocking numbers



In Europe 53% of the working population regards stress as the biggest health-risk in their lives.

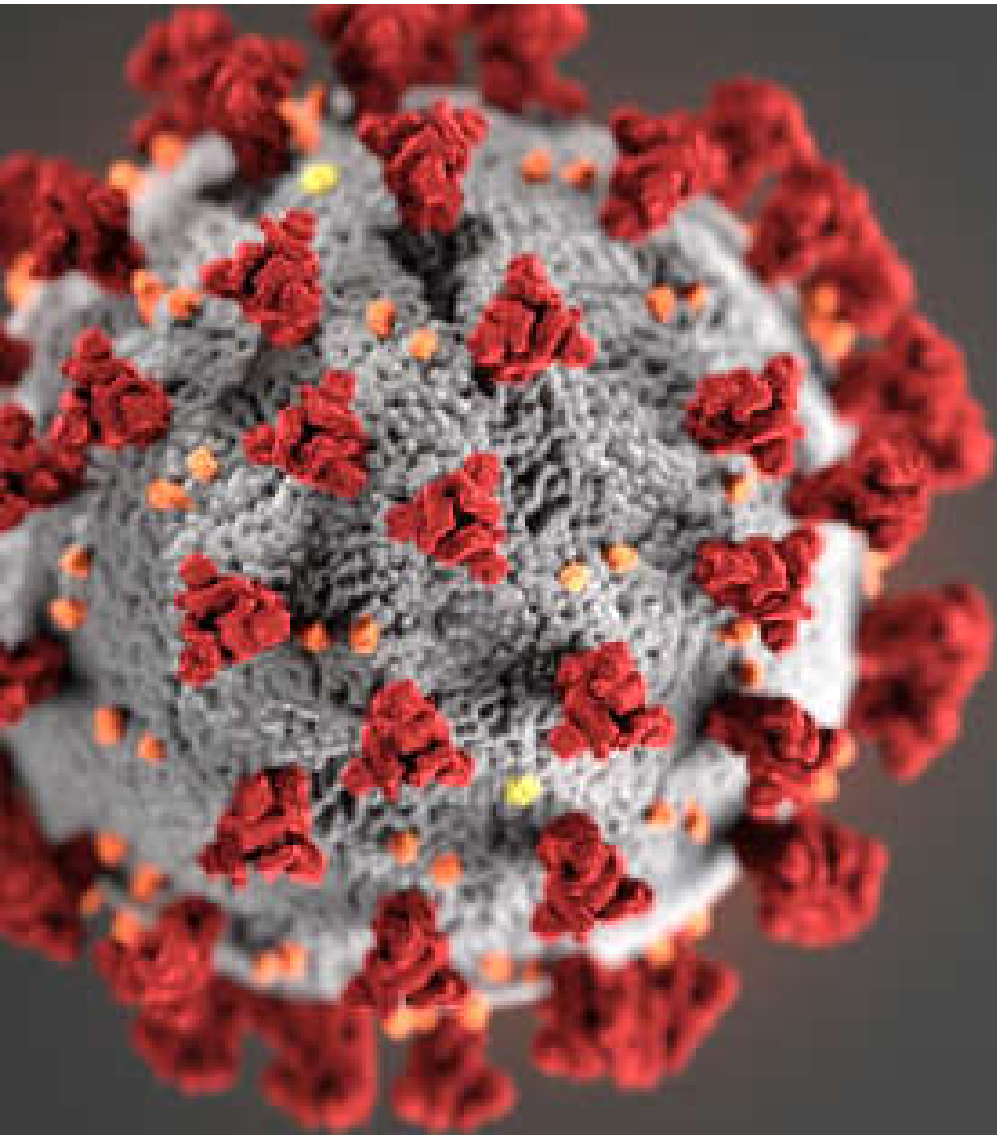
(Eubarometer, EU Commission)

Some shocking numbers

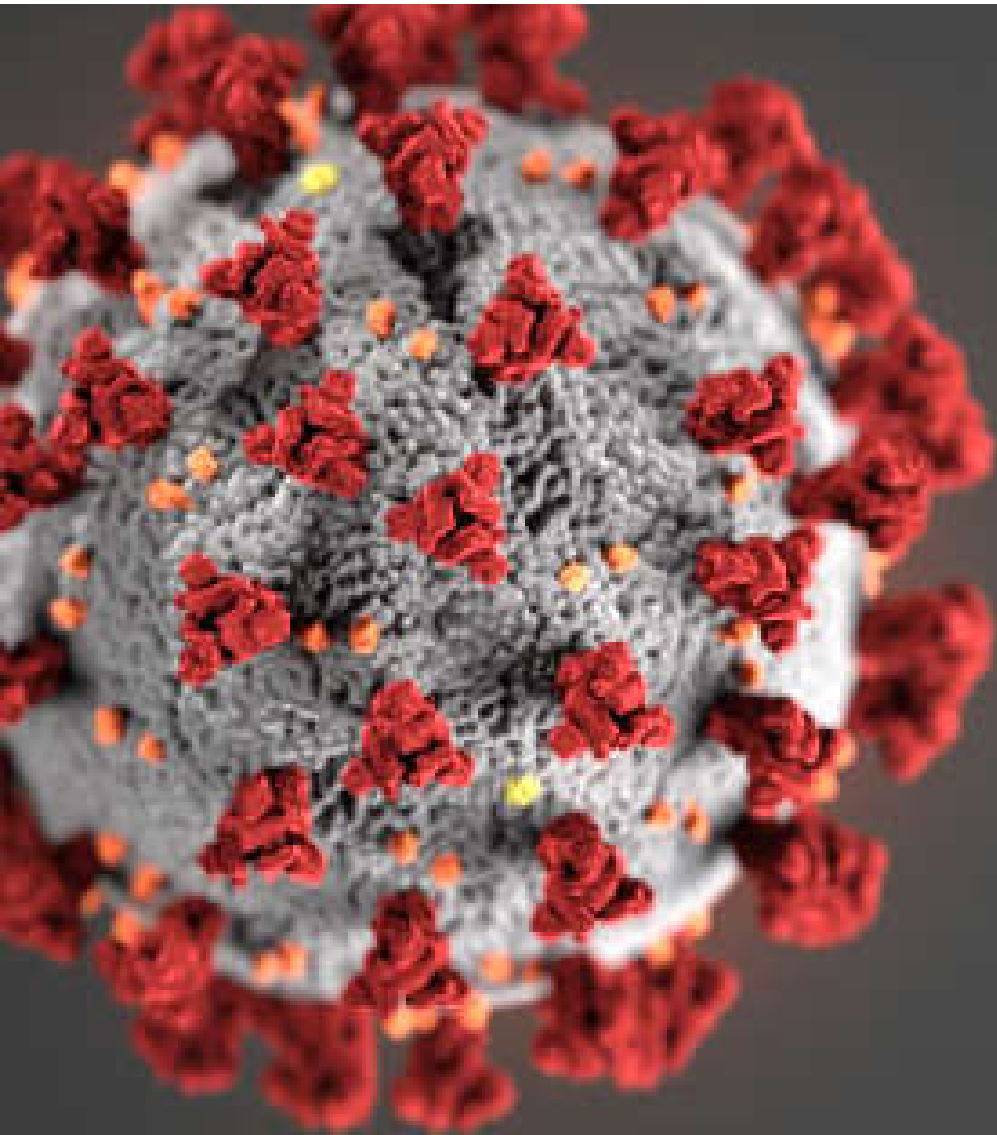


37% of them are stressed, depressed or anxious because of their work, and say that the situation has got worse in the last 12 months.

(Eubarometer, EU Commission)



And then comes the virus...



68% of workers claim the coronavirus pandemic is the most stressful time of their professional career — even more than major events like 9/11 and the 2008 Great Recession.

(Ginger, US Health Service Provider)

How can you be
more energised
and less stressed?



And how can you help
your team to do the
same?



How can you be
more energised
and less stressed?



Poll: How would
you rate your own
stress level?





What is stress?



Move



Breathe

Navy SEAL Breathing Technique





Reduce Multitasking

- Have a „quiet hour”
- Stop notifications

Feeling in
Control



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Control your tasks

- Mind-Sweep Technique
- Top 3 tasks for the day



— How to be more energised and less stressed?



- Move
- Breathe (Navy SEAL)
- Reduce multitasking (quiet hour, notifications off)
- Feeling in control (mind-sweep, top 3 tasks)

How can you help your
team to feel more
energised?



Be a Role Model

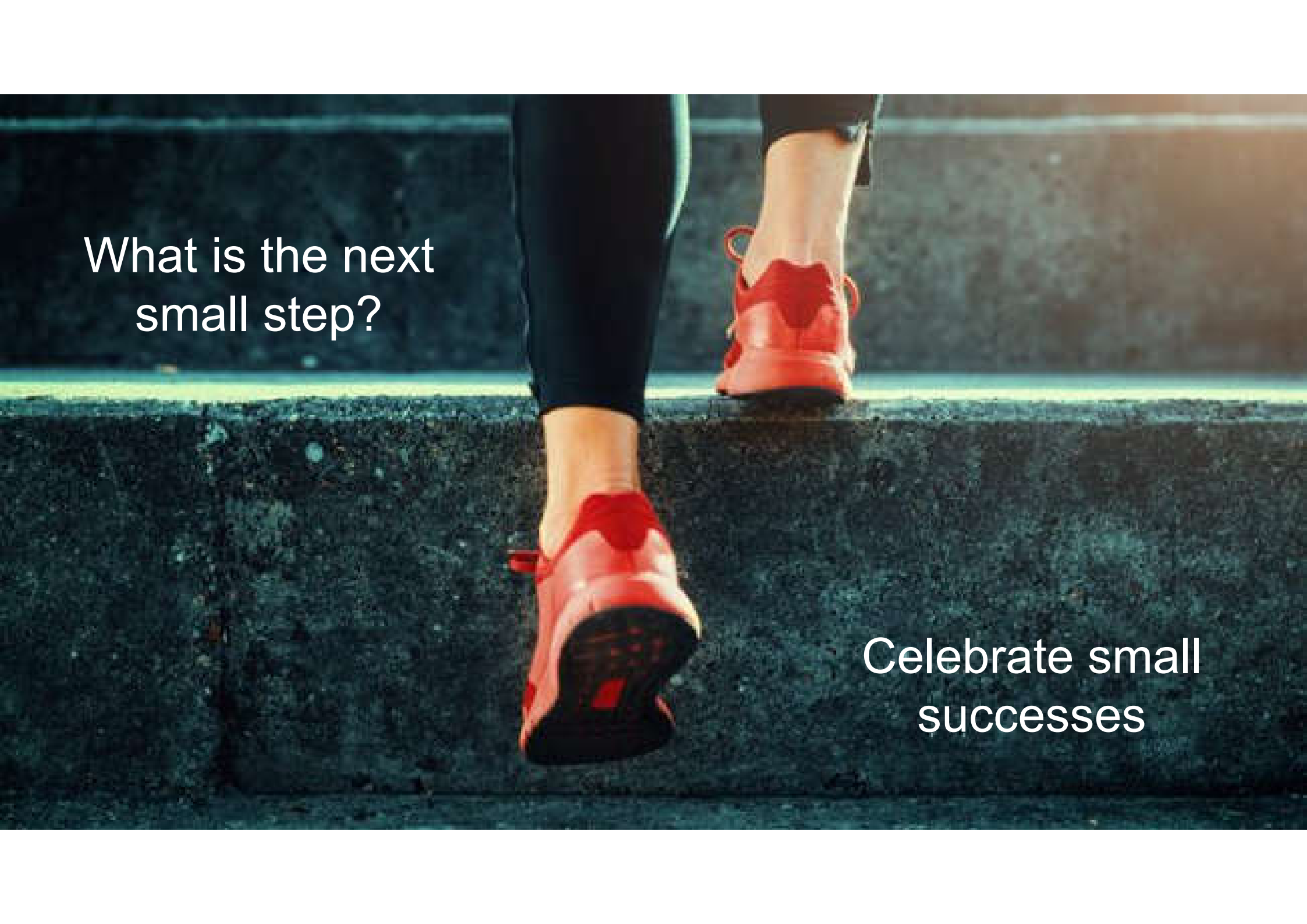




Provide Stability –
Feeling of Control

Transparent Communication





What is the next
small step?

Celebrate small
successes

Sustainable
daily routine





No e-mails in the
evening





One-on-one meetings



— In Summary

- How to keep yourself more energized?
 - Move
 - Breathe (Navy SEAL)
 - Reduce multitasking (quiet hour, notifications off)
 - Feeling in control (mind-sweep, top 3 tasks)
- How to keep your team more energized?
 - Be a role model
 - Transparent communication
 - Celebrate small successes
 - 45-minute meetings,
 - No e-mails in the evening
 - One-on-one meetings

— Any Questions?



WE NEED YOUR FEEDBACK! – Stay for the poll! A few seconds only 😊



**Behaving as Owners –
Ownership Mentality**

Thursday 11 June, 16.00 – 17.00

Register at www.SEED-uni.com



Róbert Huszár
SEED Faculty Member