

Discussion Guide for Virtual Meetings

INTRODUCTION

COVID-19 is rapidly changing the way we work, socialise, travel, access healthcare, exercise, shop and live.

We are encouraging you to keep meeting virtually, if possible, to support each other and for life to feel as normal as possible. Remote working and physical isolation doesn't have to mean social isolation.

COVID-19 and the social and economic impacts presents a complex adaptive leadership challenge. With that in mind, here are some questions and resources for your virtual groups.

DISCUSSION QUESTIONS

1. What are you most concerned about?

- ▶ Are there practices or techniques that are helping you manage your concerns? What has helped you previously?
- ▶ How are you managing news consumption to stay informed without feeling overwhelmed? What boundaries could you create around news consumption?

Resources:

- [Looking after mental health and wellbeing during COVID-19](#)
- [Taking care of your mental health in the face of uncertainty](#)
- Thrive Global: [Mental health in a time of pandemic](#)
- Headspace (mindfulness and meditation app): [Weathering the storm](#)

2. How are you managing changes to your work routine?

- ▶ What has changed in your work routine?
- ▶ Are there any things that are working well for you around managing your work routine that you would like to share with others?

Resources:

- Leapers: [Working well from home under self-quarantine for Coronavirus](#)
- NPR: [8 tips to make working from home work for you](#)
- NYT: [How to work from home, if you've never done it before](#)
- Business Insider: [4 steps I take to manage my anxiety while working remotely](#)
- HBR: [How working parents can prepare for coronavirus closures](#)

3. How are you staying connected with friends and family?

- ▶ What's been hardest?
- ▶ Have you seen any unexpected benefits?

Resources:

- Evening Report NZ: [Social distancing can make you lonely. Here's how to stay connected when you're in lockdown](#)
- University of Washington: [Staying connected – at a distance](#)

4. How are you feeling about the impact on loved ones?

- ▶ How are you talking to young people in your life about what's going on?
- ▶ How are you supporting other loved ones?

Resources:

- NZ Herald: [How to explain coronavirus to kids – Nanogirl and PM Jacinda Arden](#)

5. How are you leading others at this time?

- ▶ How are the people you are leading feeling at this time?
- ▶ Who have you been *being*? What impact is that having on others? Who do you want and need to *be* for others? e.g. calm, connected and future-focused
- ▶ What is working well in leading others at this time?

Resources:

- Nick Sceats: [Three practical insights for leading remote teams](#)

6. What are you looking forward to doing today / this week?

- ▶ What are some things you are able to do with your free time that bring you joy e.g. reading, exercising, watching a movie, learning a language, or doing a creative project?
- ▶ What can you learn? e.g. Te Reo or another language, do a free MOOC (massive open online course), go on a virtual museum tour
- ▶ How are you staying active?
- ▶ How can you connect with nature?
- ▶ What recipes are you looking forward to trying?
- ▶ When you think about the future, once all this has passed, what are you looking forward to?

Resources:

- Learn Te Reo online: [Tōku Reo](#)
- [Google Arts & Culture](#) – take a virtual tour of some of the world's greatest museums and heritage sites
- [Coursera](#) – free online courses on just about anything
- Healthline – [10 exercises to tone every inch of your body](#)

Stay connected ...

Keep connecting with others virtually over the coming months.

Please know that we are working on ways in which we can support you virtually over the coming months. We believe that staying connected virtually with our community matters now more than ever.

Please don't hesitate to [reach out to us](#) with questions, to share ideas, for coaching, or to learn remotely.

Kia kaha

Stay strong

He waka eke noa

We are all in this together