



COX100

★ 1920 - 2020 ★

Welcome! We will begin at 12:15pm

Adapting and Prospering in the new Virtual World
April 9, 2020



COX100

★ 1920 - 2020 ★

Adapting and Prospering in the new
Virtual World

April 9, 2020

We Are Your # AllyForLife

In good times and in the challenging times, we are committed to
you.

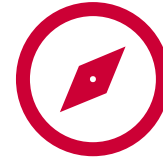
Adapting And Prospering In The New Virtual World: A Three Part Series



Stabilizing
Yourself



Stabilizing
Your
Team



Looking
Forward

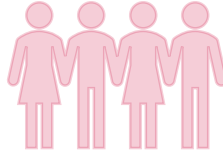


SMU | COX

Series One: Stabilizing Yourself



Stabilizing
Yourself



Stabilizing
Your
Team



Looking
Forward



Meet The Team



**David
Jacobson**



**Arjan
Singh**



**Maribeth
Kuenzi**



**Karin
Quinones**

Agenda: Stabilizing Yourself



Work – Life Balance



Managing Your Mental Health



Growth Opportunity

Personal + Work Life Balance



MBA-ish - Workplace Satire 
@MBA-ish



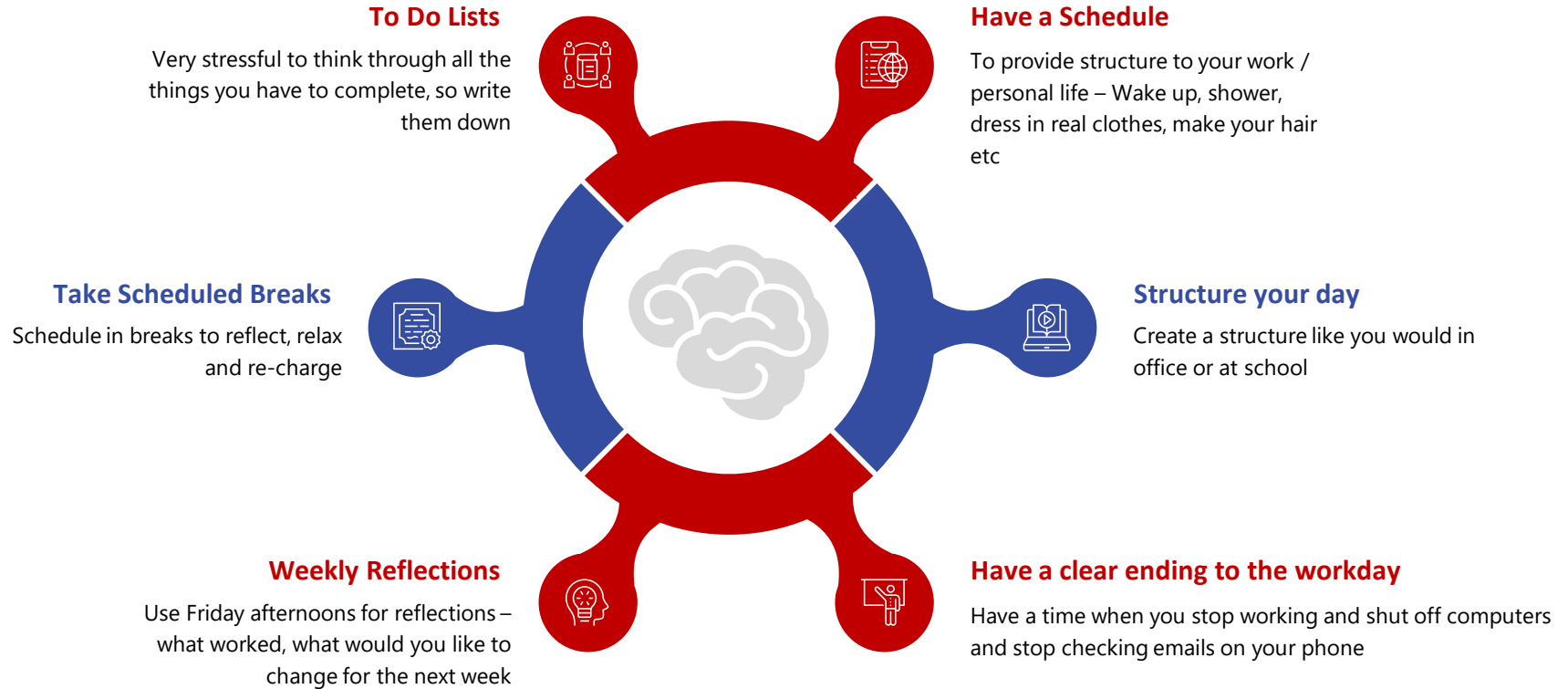
Who led the digital transformation of
your company?

A) CEO

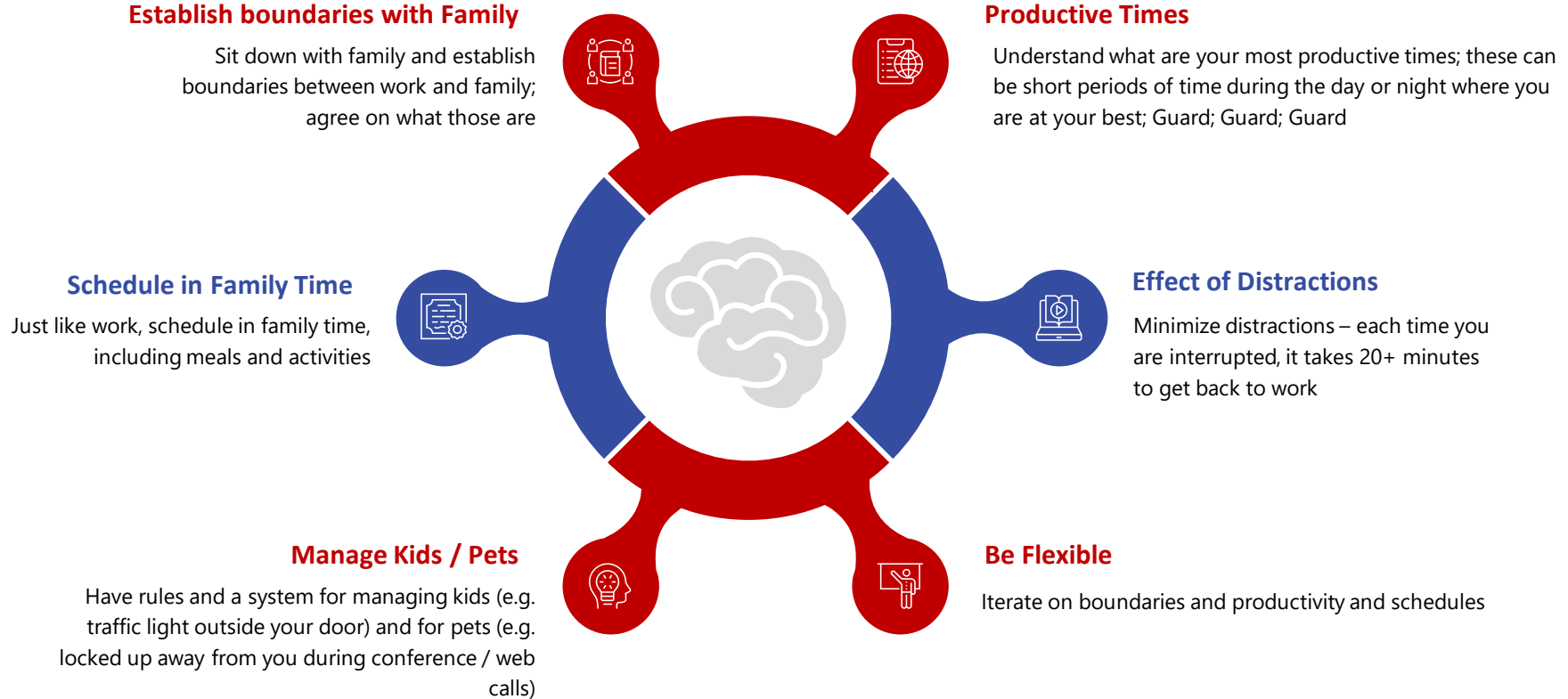
B) CTO

C) COVID-19

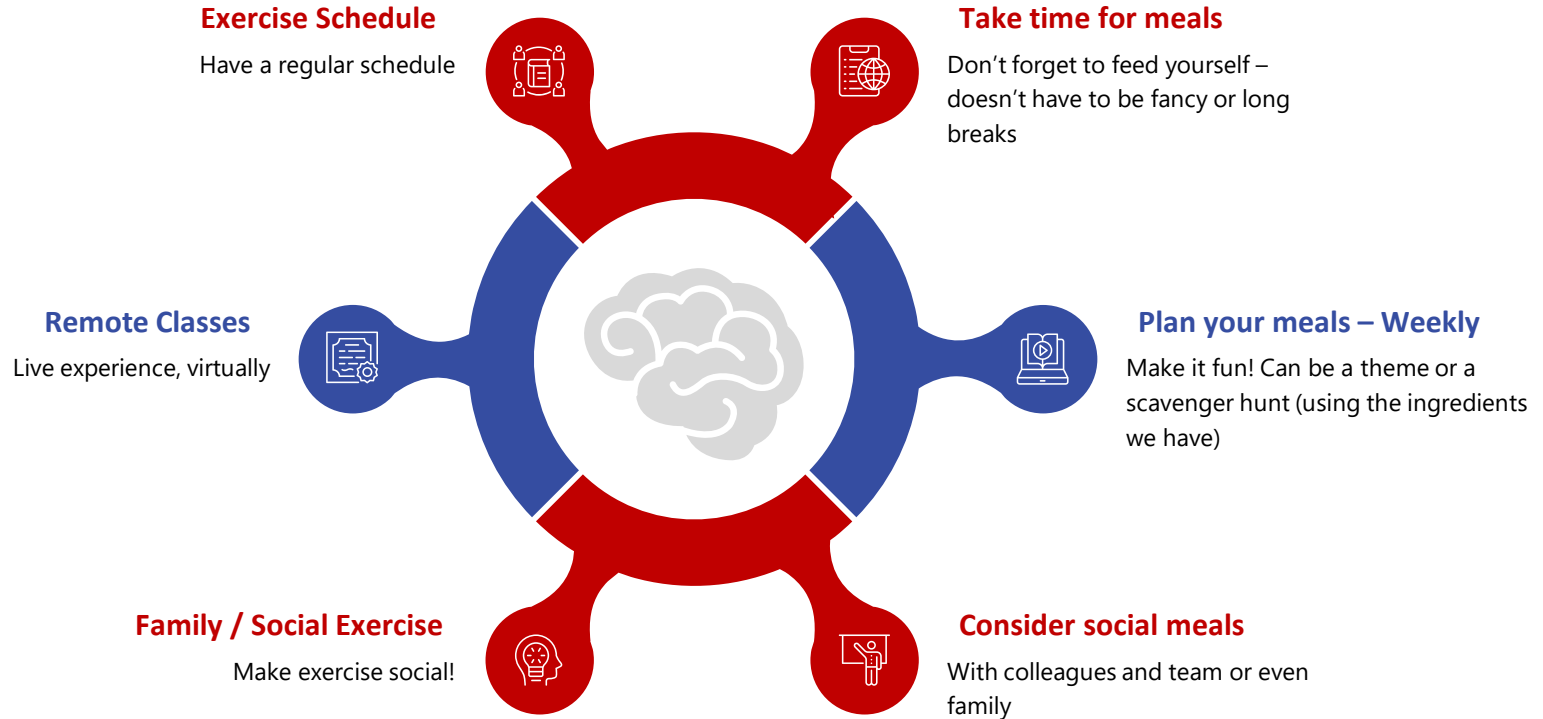
Daily / Weekly Routine



Family Boundaries and Productive Times



Exercise and Nourishment



Q & A

Mental Health Tips: How Do You Keep From Going 'Crazy' During These Times?



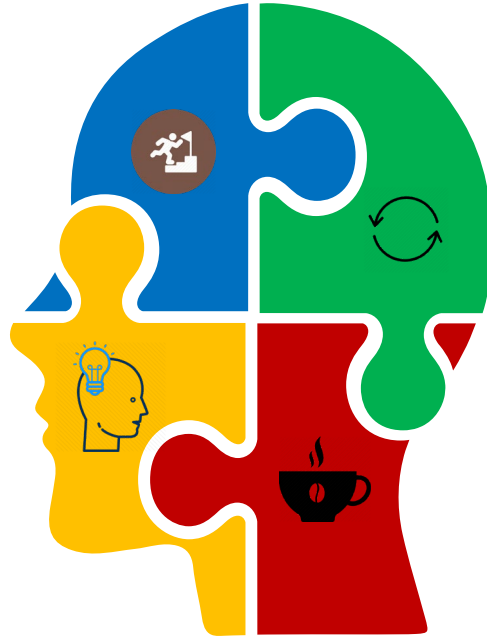
Mental Health Tips

MANAGE EXPECTATIONS

- Be realistic
- Monitor tapes in your head

BE PROACTIVE

- Know your red flags
- Maintain connections with others
- Help others
- Do something daily to bring joy
- Fresh air and sunshine
- Limit social media updates
- Do something new



ROUTINE, ROUTINE, ROUTINE

- Sleep
- Eat
- Work
- Exercise

MOOD ALTERING SUBSTANCES

- Moderate caffeine and nicotine intake
- Monitor alcohol intake
- Take medications as prescribed

Feeling Overwhelmed?

Pretend you are your best friend and think what you would say

Practice gratitude

Meditate or practice mindfulness

Take a time out

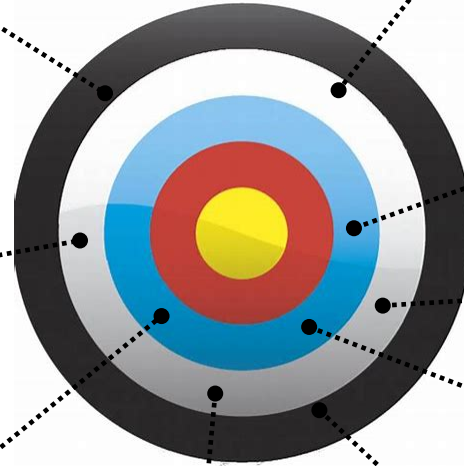
Seek help

Vent to someone

Journal

Stay in the present

Do a physical activity



Q & A

Change = Opportunity

*...even out of adversity can come great opportunity
if we have the courage to pursue it.*

Think Opportunity — Develop a Growth Mindset



Individual

Skill improvement

Try Something New

Lower Risk / Expectations?

More time?

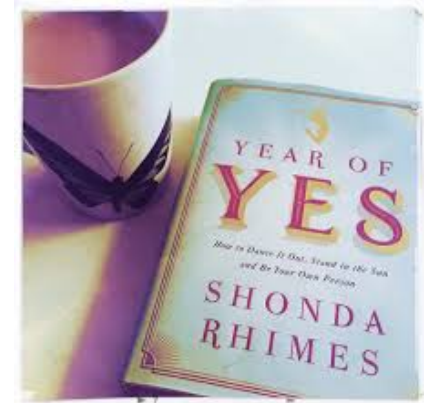
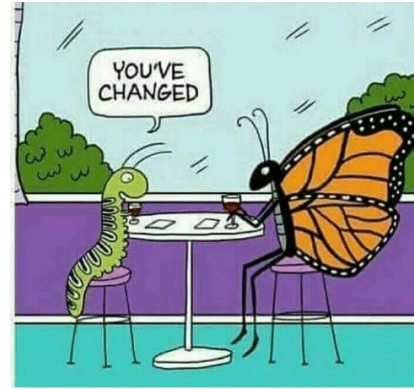


Organizational / Team

Chance to Focus on
Important but not Urgent

Strategic Thinking

Multiple Stakeholders



Q & A

The background is a photograph of a university campus. In the foreground, there is a large green lawn with several winding concrete paths. People are walking and sitting on the grass. In the middle ground, there are more trees and a few parked cars. In the background, a city skyline is visible under a clear sky. A tall flagpole with the American flag stands on the left. A large, semi-transparent red and blue geometric shape, resembling a stylized 'V' or a mountain peak, is overlaid on the right side of the image. The text 'Thank You!' is written in white on the blue part of this shape.

Thank You!

Contact Information

- David Jacobson:
 - djacobson@smu.edu
 - +1919308416 for phone, WhatsApp, WeChat
- Arjun Singh:
 - arjans@smu.edu
- Maribeth Kuenzi:
 - mkuenzi@smu.edu
- Karin Quinones:
 - KQuinones@smu.edu

Work From Home Resources

- **Work From Home**

- Daily Structure - [Block vs Hourly Schedule](#), [Editable Weekly Blank Calendar](#)
- At Home Workouts [Youtube - Orangetheory Fitness](#), [Peloton App](#), [CorePower](#), [Nike Training Club](#), Barry's, Amazon Prime Video
- [HBR - A Guide For Working \(From Home\) Parents](#)
- [Zoom - Working From Home Tips To Meet Like A Pro](#)
- [HBR - A Guide To Managing Your Newly Remote Workers](#)
- [HBR - Virtual Meetings Don't Have To Be A Bore](#)
- [HBR - 8 Ways To Manage Your Team While Social Distancing](#)
- [HBR - What Your Coworkers Need Right Now Is Compassion](#)
- [HBR – A Guide To Managing Your \(Newly\) Remote Workers](#)
- [HBR - How To Stay Resilient At Work Through The Corona Virus Crisis](#)
- [HBR - Are You Leading Through The Crisis Or Managing The Response](#)
- [Wes Kao Blog - Doing Your "Situational Best"](#)
- [HBR - 10 Digital Miscommunications And How To Avoid Them](#)

Mental Health and Social Distancing Resources

- **Mental Health**
 - SMU Counseling Services – 214-768-2141
 - Company EAP or Human Resources
 - 1-800-273-TALK (1-800-273-8255)
 - 1-800-SUICIDE (1-800-784-2433)
 - [Crisis Hotline Numbers For Cities In Texas](#)
 - [HBR - Coping With Fatigue, Fear, And Panic During A Crisis](#)
 - [HBR - That Discomfort You're Feeling Is Grief](#)
 - [HBR – Why Leaders Need Meditation Now More Than Ever](#)
- **Social Distancing**
 - [APA - Keeping Your Distance To Stay Safe](#)

Additional Resources and Articles

- [HBR - Coronavirus Is Putting Corporate Social Responsibility To The Test](#)
- [HBR - To Build An Agile Team Commit To Organizational Activity](#)