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## Being resilient in the face of Covid 19

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The spreading of the Covid 19 can be seen as a mega disruptor. Its impact on our life styles and how businesses are being conducted in the world is profound. While traditional labour, cost intensive and "face to face" businesses (e.g.: production, food, travel, people development) took a direct hit. Certain businesses such as tele-medicine, online entertainment and education have also emerged, evolved and thrived.

We recently converted part of our face to face Mindful Leadership Program to online learning. The participation rate from one of our

clients and their eagerness to learn was inspiring. Drawing from observing how new businesses and business models have emerged and evolved and our recent experience with the online Mindful Leadership Program roll out in China. I came to the following conclusion on how we can be more resilient in the face of adversities.

1. Acknowledge mentally that there are things that we cannot control nor influence.
2. Watch and observe our emotions associated with this change (through mindfulness practices).
3. Focus on what can we do now.
4. Stay truthful to our purpose.
5. Adapt new strategies and take swift actions.

The Covid 19 will not be the last mega disruptor, so sit tight and be prepared. May all beings be well and happy. May those who are affected by this virus have a speedy recovery.

Published by



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