



A Tidal Wave of Change™

GTA March 15, 2020 Newsletter

TOPIC: How can we help you? Workplace Continuity, Emergency-Preparedness, Adaptability and Resilience

Hello Clients & Colleagues,

I just wanted to take a moment amidst all the chaos over this week to send a note of encouragement and support. As business professionals who operate at lightning speed, when something like the Coronavirus impacts daily schedules, it affects work and home life. Green Training Associates wants you to know, we're here to help you, in any way we can. During these times, connecting and collaborating to innovate and adapt to rapidly changing conditions is imperative.

Projected Two to Eight More Weeks of Disruption

Dr. Fauci recently said we may have this situation for another two to eight weeks. (Anthony S. Fauci, M.D., NIAID Director | NIH: National Institute of Allergy and Infectious Diseases, <https://www.niaid.nih.gov/about/director>)

Most practically, GTA can help your company if you need to:

1. Convert your F2F training to live, virtual training with rapid design techniques.
2. Develop and deliver just-in-time training to send employees to work in the home office.
3. Develop and deliver emergency readiness training.
4. Build skills for Leading Change, Developing Personal Resiliency, Intelligent Risk Taking, etc.

Workplace Continuity Planning

I have blocked off time in the coming weeks to be available should you wish to jump on a call to discuss plans and ideas. I have several ideas to make a positive impact. Should you wish to connect, please email or call my mobile 908-875-0856.

Here are a few tips from GTA's workshop on Developing Personal Resiliency

- ✓ Develop an Emergency Readiness/Business Continuity Action Plan for business and home.
- ✓ Proactively adapt to change:
 - a. Figure out what you can and can't control.
 - b. Make a plan for what you can control.
 - c. Make peace with what you can't control.
- ✓ Use creative problem solving to adapt your routines. How can you be productive and accomplish what you need to in a different way?



Tips continued

- ✓ Implement a coping strategy:
 - Strengthen your social connections as a support network.
 - Manage anxiety with practical measures and emotional support – meditation, mobile apps such as Calm, Headspace, Woebot.
 - Protect your health with hand washing, social distancing, exercise, immune system building foods and supplements.

Keep informed and updated from reliable sources:

- ✓ Replace fear with facts from reliable sources such as <https://www.who.int/>, <https://nj.gov/>, <https://www.ready.gov>, <https://www.cdc.gov/>
- ✓ Learn what precautions you can take: Call the NJ Coronavirus & Poison Center Hotline at 1-800-222-1222 or 1-800-962-1253 - out-of-state. Trained healthcare professionals answer your call 24/7 OR visit <https://www.nj.gov/health/cd/topics/ncov.shtml>

We truly appreciate the partnership we have with all of you and just wanted to let you know we are here for you.

**If you have any questions, ideas or want to connect,
reach us, email Pam or reach us at info@greentrainingassociates.com
We love hearing from people.**

*P.S. We will **never share your personal information** with anyone. And if this ever stops delighting you, tell us why....and if it's just not a fit, **you can easily unsubscribe**. See below*