

APPRECIATING AND DISCOVERING OUR RESPONSES IN DEALING WITH the Corvid 19 Pandemic

Fiji Institute of Accountants
Professional Development Seminar, October 2nd, 2020
University of the South Pacific

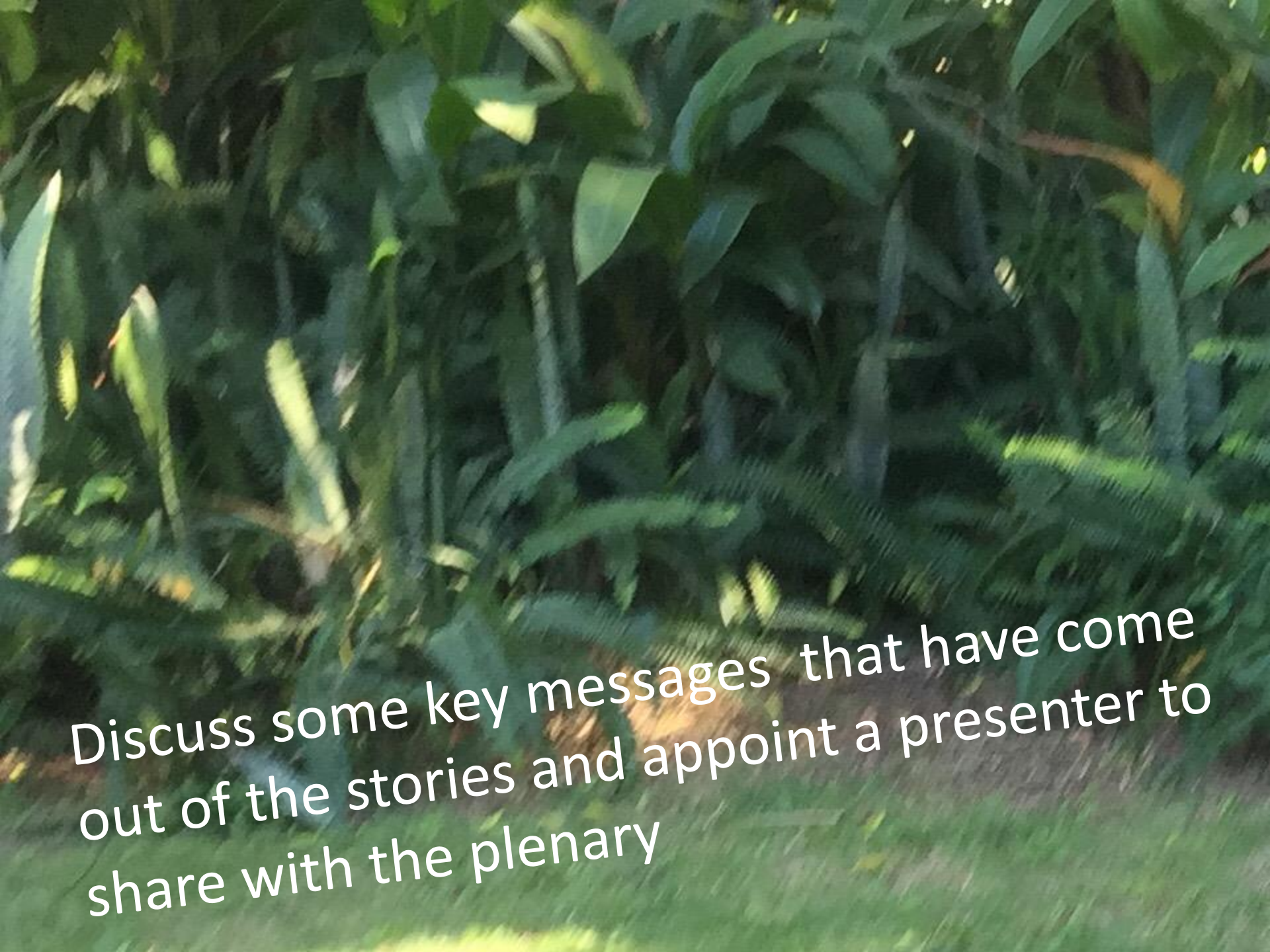
Presenter: Koila Costello,
Counselor/Facilitator/Trainer

KKASA Consultancies

kkasainfo@gmail.com; Ph: 9482116

Group Discussions

- Introduce yourself briefly and share what's something new you have discovered that you enjoy doing since February 2020
- Share briefly how you have acknowledged your contributions at work and at home in dealing with the impacts of Corvid 19?
- Share briefly how you have acknowledged and appreciated the contributions of your colleagues and clients in coping with the impacts of Corvid 19?



Discuss some key messages that have come out of the stories and appoint a presenter to share with the plenary

Tips to strengthen our resilience/ your resilience at this time

- Acknowledge your feelings, thoughts both positive and negative
- Acknowledge your boundaries for self care
- Acknowledge your fears both real or perceived
- Acknowledge the sense of loss and confusion
- Acknowledge the importance of making realistic promises

Being Agile

- Being flexible and adjusting your responses
- Using self reflection- pause, meditate, deep breathing, exercise, reflections without judgments, eating the right food, sleeping at the right time, appropriate humor, journaling
- Being mindful and engaging in your environment
- Appreciate how the logical and emotional brain works when there is stress
- Using mindful communication
- Being mindful of what enters your mind

Creative

- Using this time to be humble, to learn , to co-create new ways of problem solving, living and learning
- Being hopeful about each day and possibilities

Co-support

- Being supportive of each other, recognizing that we are all in this situation together and that we will need to find ways to cope together