



LOCKDOWN: A SURVIVAL GUIDE

Good energy and tips against uncertainty and isolation

INSPIRATIONAL SPEECH FOR LARGE AUDIENCES BY SZYMON KUDŁA

The COVID-19 pandemic has turned out to be the blackest swan in the last few decades. It brought uncertainty ("when will it end !"), as well as a deep concern about our health and that of our loved ones. It caused multiple problems related to social isolation as well as a sense of weariness, worsened by constant staring at a laptop screen. This power speech will help you face all the above challenges, and some more. It will be customized further to the results of a specific online questionnaire, distributed among participants before the speech. The scenario will be adapted to the rank and authority of the audience; therefore Szymon's tips will consider the executive, managerial or general perspective.

Perfect for: Industries, companies, and teams severely hit by COVID-19, coping with a sense of insecurity or isolation.

- **TIME TO SIT AND TALK:** Either we kill each other, or we find a way to stay alive and afloat together.
- **ALTERNATIVE GOAL:** To avoid frustration, do not stick to your old plans in new circumstances.
- **CLEANSING YOUR LIFE:** The pandemic can reduce mess and trigger more peace and order, as well in your workplace or everyday life as in your closet or attic.
- **CLOSING RANKS:** Working together against all odds is the best medicine.
- **THE CONCEPT FOR YOURSELF:** Don't waste this time and make the pandemic a development kick.
- **THE POST-QUARANTINE BUCKET LIST:** When the danger is gone, how will you celebrate?
- **GO AND MAKE YOURSELF USEFUL:** Help yourself by helping others; the lockdown is the best time to extend support.
- **DISCONNECT FROM SENSATION:** Look at the full picture and don't succumb to "paper tigers" (false threats).
- **LISTEN TO JOHN LENNON:** Everything will be OK in the end. If it's not OK, it's not the end.



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