

# W.F.H.

(Working from home)

## THE NEW NORMAL

Helping you and your teams navigate and settle in.

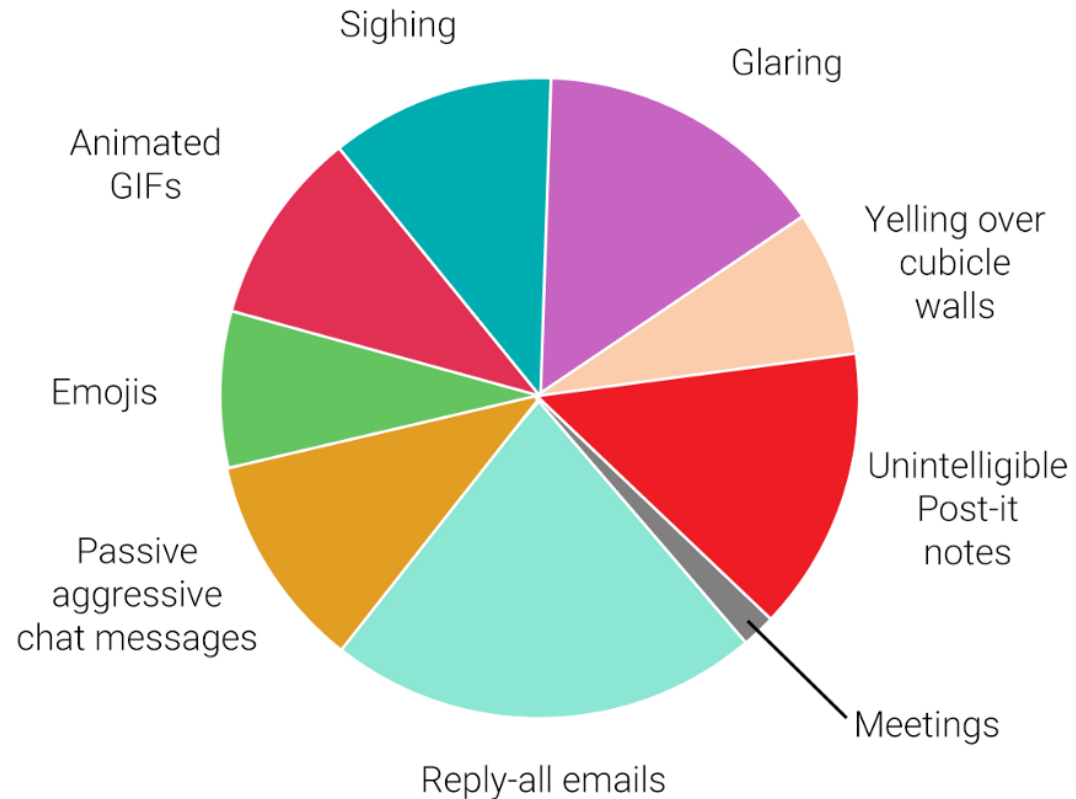




# OLD WORKPLACE COMMUNICATION

## Preferred Forms of Workplace Communication

TheCooperReview.com





# NEW WORKPLACE COMMUNICATION



Waiting for your coworker's  
zoom audio to kick in



# TOPICS WE WILL COVER...

- ◆ **How we are energetically connected**
- ◆ **The four communication styles**
- ◆ **Tips on how to navigate the WFH mandate**





# GLOBAL BRANDS WE'VE WORKED WITH



# IMPORTANT THINGS TO CONSIDER



**Today there are significant additional stressors in our lives**

- ❖ **Working from home (not by choice)**
- ❖ **Not technically savvy**
- ❖ **Health concerns**
- ❖ **Financial difficulties**
- ❖ **Social isolation**
- ❖ **Grieving life as we knew it**

What additional stressors are you noticing or experiencing?

(Please type in the chat box)



# OUR BELIEFS CONTROL...



Thoughts




Feelings



Actions  
(or Inaction)





**Everything is energy and that's all there is to it. Match the frequency of the reality you want, and you cannot help but get that reality. It can be no other way. This is not philosophy. It's physics.**

~UNKNOWN

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# TWO TYPES OF ENERGY



**Catabolic** energy (lower level) = draining, contracting, fear, frustration, worry, angry; resisting energy



**Anabolic energy** (higher level) = constructive, expanding, opportunities, solutions, happiness, calming; fueling energy



# HOW ARE YOU LEADING TODAY?

## Pre COVID-19:

- Leads
- Shares (detailed) information
- Utilizes feedback
- Develop accountability systems
- Utilizes emotional awareness
- Able to see solutions
- See the true human resource







# HOW ARE YOU LEADING TODAY?

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## Survival mode today:

- Manages
- Gives sparse information
- Utilizes personnel
- Delegates to others fully
- Self consumed
- Disconnects emotionally
- Deals only in problems



What have you noticed about the recent interactions with your team?

(Please type in the chat box)



The biggest communication  
problem is we do not listen to  
understand.  
We listen to reply.

~ Stephen Covey



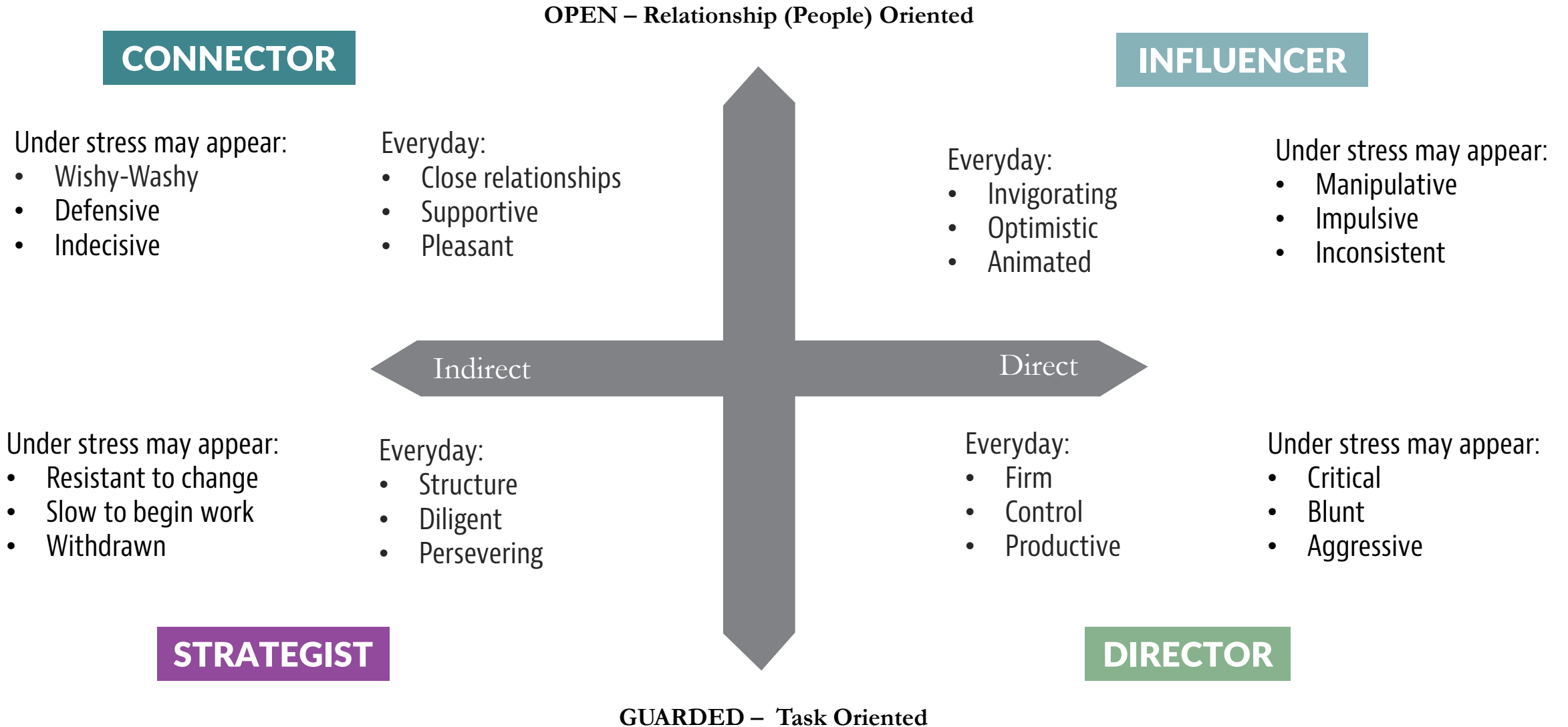
# Four Communication Styles

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Need all four to complete  
the puzzle



# The 4 Styles Snapshot - Everyday & Under Stress





Now that you know a little about the communication styles, which *two* do you recognize as your own?

(Please take the poll)



# Virtual Internal Executive Roundtable

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# TIPS FOR OUR NEW EXPERIENCE

## YOU



- ❖ Put on your own mask first
- ❖ Lean in and ask questions
- ❖ Space to grieve and acclimate
- ❖ Double down on empowering rituals and practices

## SCHEDULE



- ❖ Finding the rhythm
- ❖ Office hours
- ❖ Incorporate transition time
- ❖ Offer learning & skill building for you and your teams

## TEAMS



- ❖ Workplace communication
- ❖ Buddy system
- ❖ Keep what's working
- ❖ Workspace set up

What would you like to bring into your organization?

(Please type in the chat box)





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*Thank you for attending.*

