



Processing Your Pandemic Year

WHAT:

The world was turned upside down in March of 2020. Our personal and professional lives had to be re-arranged, re-designed, and re-negotiated. It's been a lot of work!

Don't let that work go to waste. Take some time to imagine your post-pandemic life.

HOW:

The following prompts cover practical and emotional areas of your life. Work through and make notes. Capture both what you want and what you don't want in your next chapter. Take pleasure in the gains of the last year, while acknowledging the losses.

WHY:

Without conscious choices, we will revert to old patterns. Make intentional decisions to hold onto what you've gained and reclaim what you really miss - but don't let previous habits bog you down.

Health, Habits, Hobbies

How did your health, habits, and hobbies change when the pandemic began?

What did you stop doing? Do you miss it?

What did you start doing? Do you enjoy it?

Positive changes:

-
-
-

Keep these!

Things you miss:

-
-
-

Reclaim these!

Things you don't miss:

-
-
-

Don't let these back in!

Skills and Strengths

What natural strengths have you leveraged to cope with pandemic life? How did that feel?

What new skills have you mastered?

Where have you grown in competence and confidence?

Positive changes:

-
-
-

Keep these!

Skills still to learn:

-
-
-

Don't stop growing!

People, Personal and Professional

What new relationships have you built? What do they bring to you?

Who have you lost touch with? Do you miss them?

How have family dynamics shifted? How has that impacted you?

Positive changes:

-
-
-

Keep these!

People you miss:

-
-
-

Reconnect with them!

People you don't miss:

-
-
-

Don't let them back in!

Career

Where have you gained new responsibilities or opportunities? What do you enjoy about that?

Where have you been frustrated or blocked at work?

What new goals or ambitions have you discovered?

Positive changes:

-
-
-

Keep these!

Opportunities to leverage:

-
-
-

Make a plan for success!

Do you want to come through the pandemic with refreshed focus?
Is your team struggling with COVID fatigue?
Reach out to Resolute. We can help.



Who we are

Joanna Hoffschneider launched Resolute Consulting LLC to combine her first career in teaching and training with her second in marketing, business development, leadership, and in-house professional development. She has always enjoyed bringing order and focus to the business world around her, providing the opportunity and skills for people to leverage their strengths and expertise.

We design our engagements depending on how much support you need, and we tailor the scope of service to meet your timeline and budget. We help you prioritize what to do, figure out how to do it, and then get it done together.

Whether you're an overwhelmed sole practitioner, an ambitious professional, or an over-stretched corporate leader, we can help you to stay accountable to yourself and others – ensuring your resources are not wasted.

Learn more about us at www.ResoluteConsulting.co

Learn more about Joanna on [LinkedIn](#)

Contact us with questions at Joanna@ResoluteConsulting.co

[Book an exploratory meeting](#) with Joanna