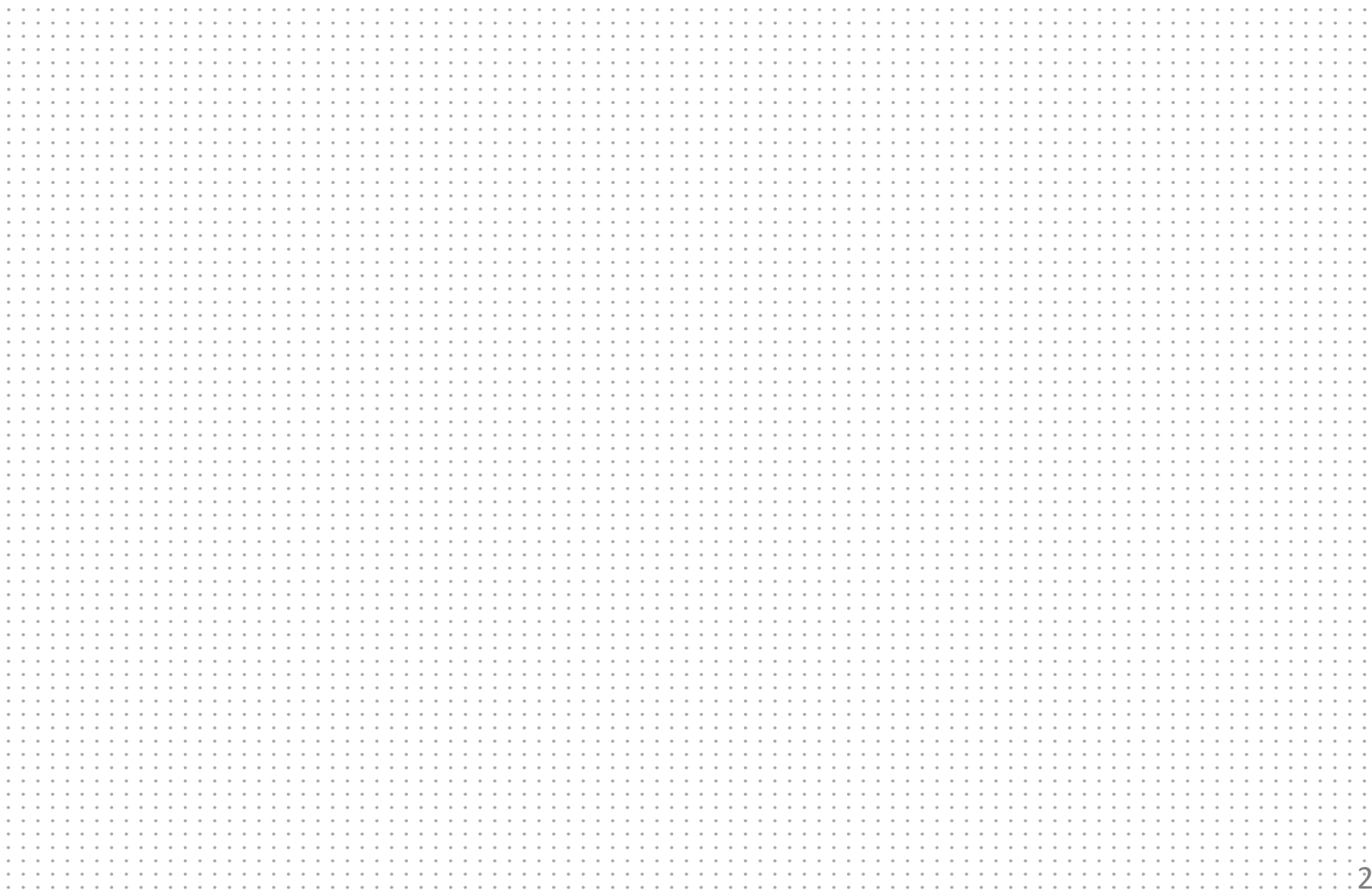


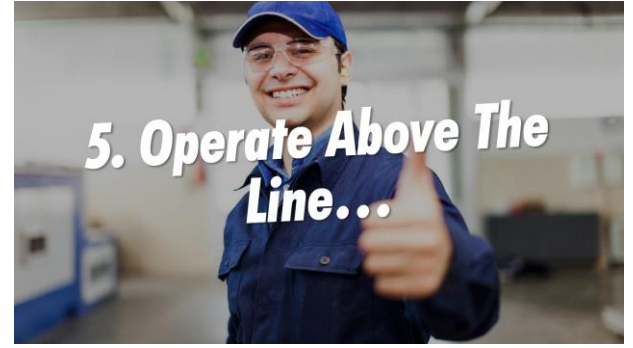
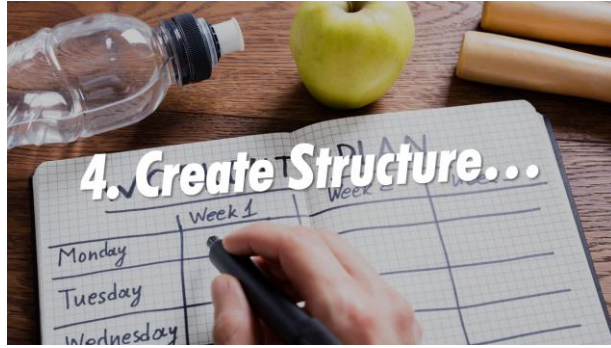
# **Staying Strong In Tough Times**



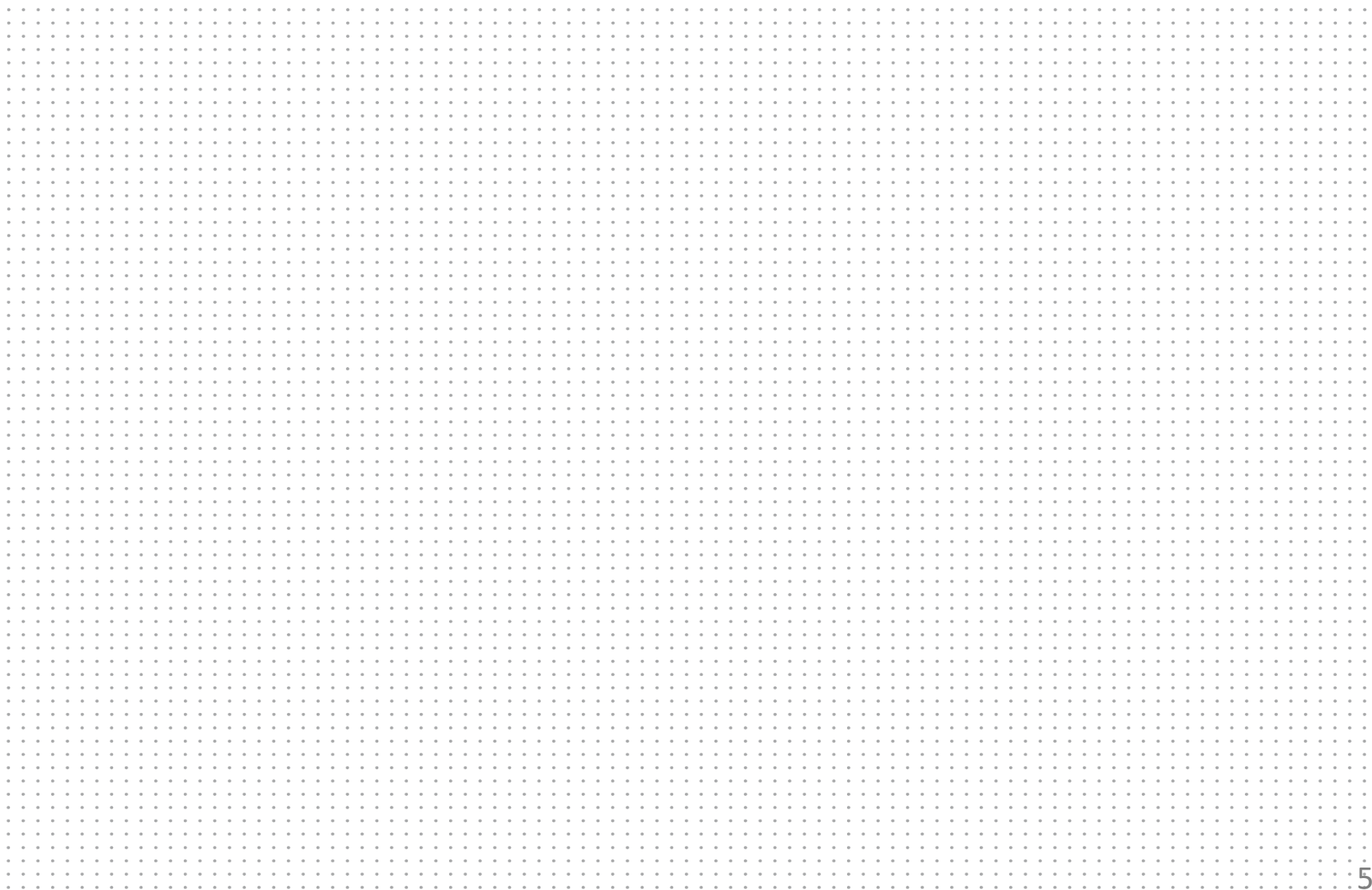
**5 Key Principles...**

**1. Lead From The Front...**

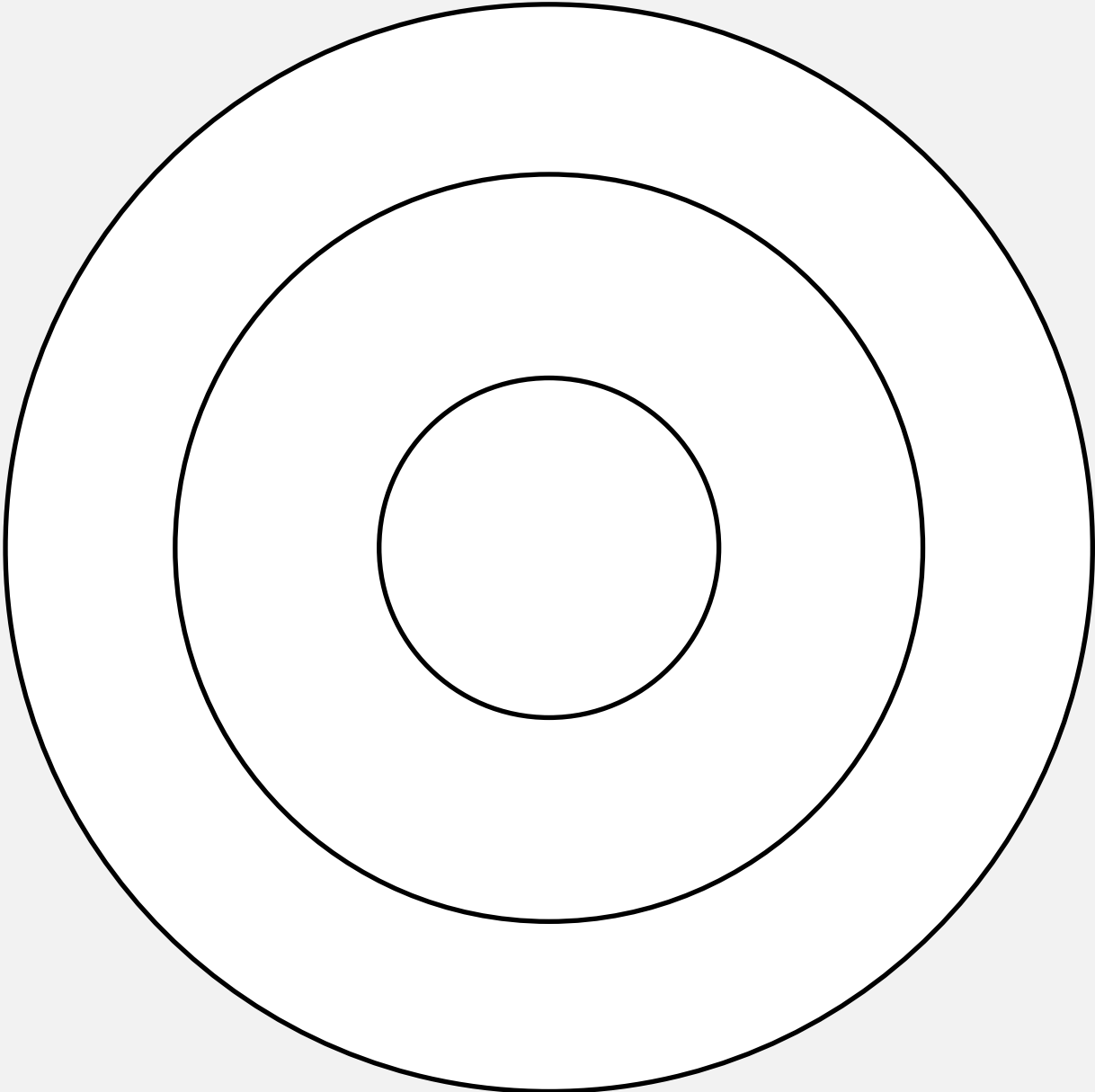
**2. Guard Your Mind...**

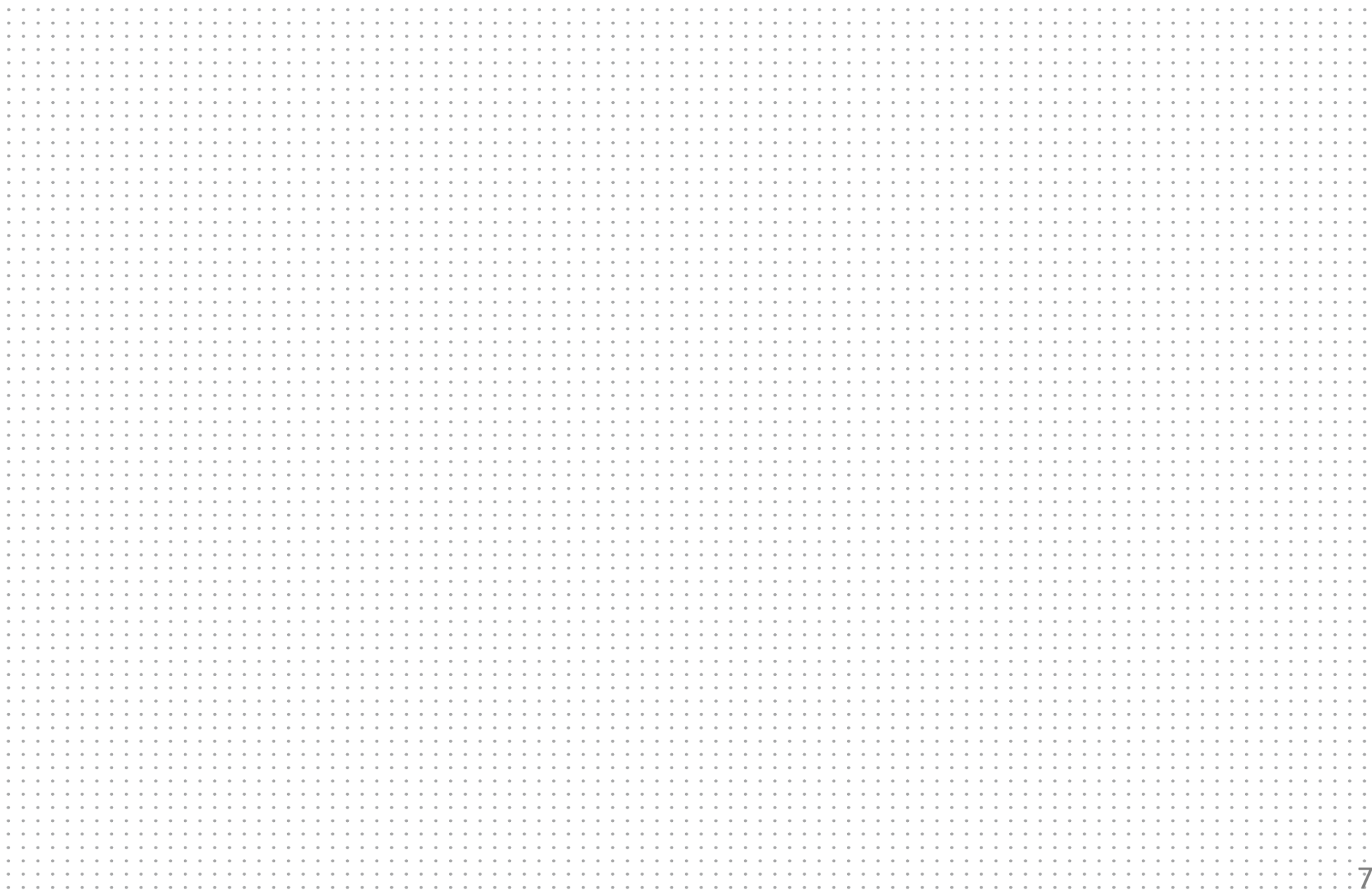


A large rectangular area filled with a grid of small, light grey dots, serving as a workspace for notes or a diagram.



# The Ripple Effect





# Your Health

## Suggestions

- Exercise daily – walk, run, bike, google at home exercise routines (yoga, Pilates etc.)
- Make sleep a priority – have a set bedtime every night (ad try going to bed half an hour earlier), limit TV and blue light exposure after sundown, keep phones and TV out of the bedroom, limit alcohol and caffeine.
- Try meditation – there are several apps you can use. Calm and Headspace are good examples.
- Practice breathing exercises – see <https://www.breatheme.com/>
- Create a network of likeminded business owners to share ideas and support each other (be careful about who you take advice from).
- Be helpful to others. Being helpful is the best way to stop feeling helpless.
- Practice gratitude daily. Write down 5 things you are grateful for every day before you go to bed.
- Create a routine in your household if the working / schooling situation has changed. For example, breakfast at 7am, chores finished at 9am, schoolwork till 10:30am, morning tea till 11:00am etc.
- Update your default diary to account for the changes in your working situation.

## Other Activities

## My Top 5



# Team Health

## Suggestions

- Clear policy and training for how to stay safe from infection whilst working on site.
- Clear working from home / remotely policy.
- Enlist them to help you build systems, checklists or processes that will improve the business.
- Run a virtual mastermind to brainstorm solutions to problems that the team / you have been having with onsite productivity / performance (e.g. how can we improve organization on site).
- Create a regular communication rhythm (daily and weekly) using virtual tools to keep the communication channels open. For example, a daily virtual huddle (morning and afternoon) and weekly virtual team meeting.
- Give them access to Profitable Tradie training webinars to help up skilling.
- Set up a guest speaker to talk with your team about any "life skills" (e.g. Mortgage Broker, Financial Planner, Personal Trainer, Insurance Agent, Relationship Expert etc.)
- Run a virtual Team Alignment Day.
- Help team members create a default diary to provide structure (like you have for yourself).

## Suggestions Continued...

- Set up virtual social events to maintain team morale.
- Create a virtual "house party" with appropriate theme (e.g. Funny Hat Friday).
- Set up an exercise challenge.
- Conduct weekly one-on-one calls with each team member to check on how they are tracking.
- Help, provide guidance with any individual issues (e.g. financial hardship, relationship issues etc.)
- Clean out vans and set up van stock according to your templates.

## Other Activities

## My Top 5

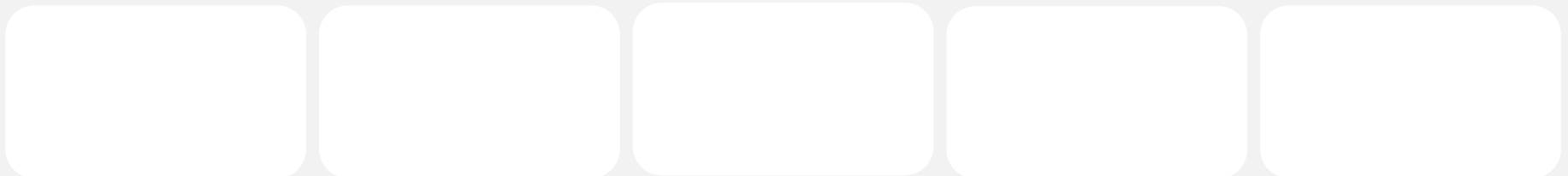
# Other Stakeholder's Health

## Suggestions

- Share your company policies and processes around COVID-19 with clients who run a business.
- Share suggestions for keeping yourself healthy and mentally strong.
- Conduct one-on-one calls with clients and suppliers to see how they are.
- Post helpful tips for getting through the tough times on your social media account and through your email newsletters.
- Reuse any of the previous suggestions that could apply to your stakeholders.

## Other Activities

## My Top 5

Five empty rounded rectangular boxes arranged horizontally, intended for listing the top 5 items.