**My learning from COVID-19**

We have all experienced a dramatic shift in work and home life during lockdown. Some changes will highlight things we previously took for granted and will gladly return to, while others help us identify new ways of working that work better for us. There is also more of a focus on health and wellbeing (HWB) today than we have ever had and you may want to think how we sustain this into the future, both for yourself and your colleagues.

**What do you miss from your pre-COVID-19 life that you will reinstate?**

**What do you appreciate from this new way of working that you will take forward?**

**What old behaviours and habits from pre-COVID do you want to let go of?**

**In what ways will you continue to sustain focus on HWB for yourself?**

**In what ways will you continue to sustain focus on HWB for your teams and organisation?**

**What have you done that has helped those around you that you want to continue?**

**What have you learned about your leadership behaviours and habits during COVID-19?**

**What signs do you and others see to know you’re not coping well during stress?**

**What things have helped you to cope better?**

**Which priorities and values keep you going each day?**