

COVID in Retrospect: *The genie that won't go back in the bottle*



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Overview/Welcome:

Putting the pieces back together!



Video

Making Sense of Where We've Been

- Making sense of COVID-19 is not just about intellectual understanding but also about emotional and social processing. Each of us experienced it differently, so *sharing our stories* and *reflecting* on the pandemic in a way that acknowledges both loss and growth can help us move forward together.
- How we process this in the long term may continue to unfold over the coming years.

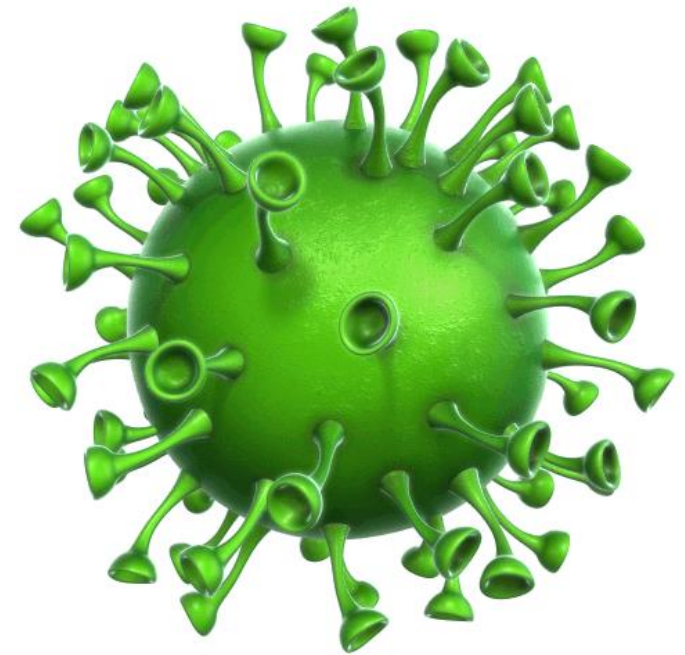


Brace for Impact: *We're looking back*

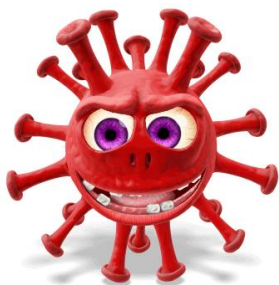
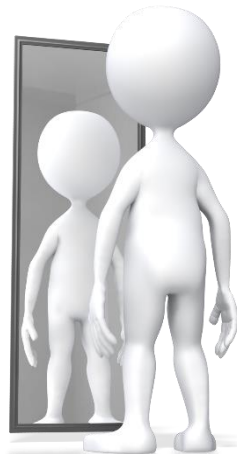
Most collective, long-term *trauma* since the Great Depression

- Multi-year stress and fear
- Loss of life and liberty
- Economic hardship
- Imprisoned and isolated
- Major lifestyle and work-life changes
- Loss of learning and development
- Increased social media
- Increased social and cultural gaps
- Distrust and anger

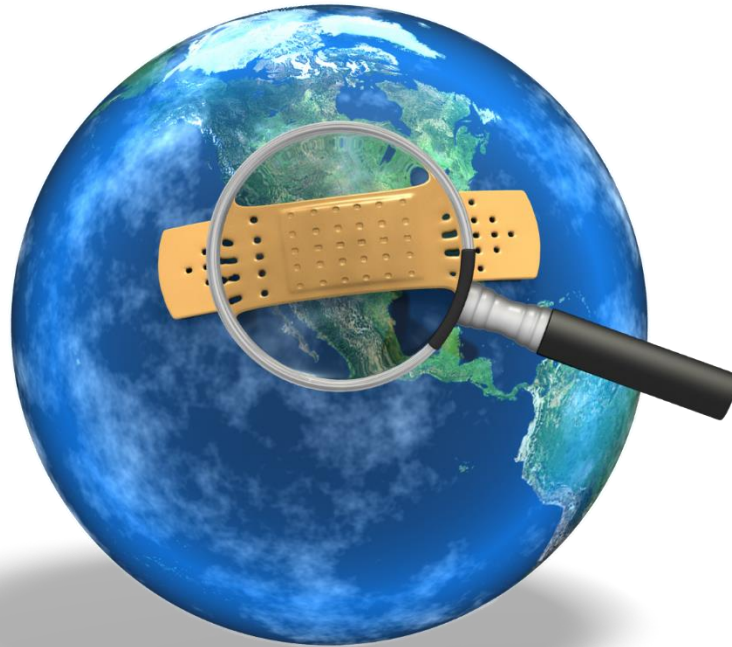
What else?



What was your experience?



Closure and Healing?



Where are we now?



Post-COVID Workplace

- The “Great Resignation”
- Burnout
- Hybrid work



What do we do now and where do we want to go next?



3 Wishes



Final Words: *Lessons Learned?*

- Resilience
- Strength
- Change
- Hope



