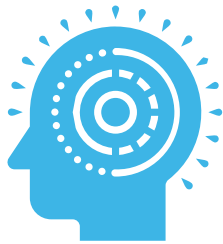






# Caring through COVID-19

**What comes next...**  
In our business lives



**Anxiety**



**Depression**



**Job loss**



**Working  
remotely**

# History

- The Great Depression
- World War II
- Sept 11th

# Lessons learned

- Can't go back to the way it was
- Future will need to be reinvented
- Rare opportunity for growth
- Critical time for actions

# Timeline

- Every day counts
- Work one week at a time
- Limit long time planning
- Live in the world of total flexibility

# Case studies

## MetLife

- In 2008, in light of the financial crisis, MetLife spun off its US life insurance business (which had dated back to 1868), as well as moved past the Snoopy mascot. MetLife's stock rose nearly 25%, and net income tripled the following year.

## Microsoft

- In 1995, Bill Gates sent a long memo stating that the focus had to change from software to the “internet.” He quoted Churchill, “We enter this new era with some considerable strengths that position us very well to lead.”

# Growth

- What can I do differently?
- What have I learned from this experience?
- Where do I want to go?
- What can I get excited about?

**Thank You**



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**Please contact your Employee  
Assistance Program  
with any questions**

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