

Leading Self – Reinventing Yourself Through Challenging Times | Pt.1

In this three-part article series we would like to introduce you to some ideas about how to reinvent yourself through challenging times. This leading self-guide was compiled by our Leadership and Organizational Development colleagues, who would like to share motivating and constructive tips, especially in these difficult times.

Insecure times can be overwhelming and can cause strong emotions in people. Many of us may tend to overthink situations and scenarios in harder times, even more than usual. The current COVID-19 situation may trigger fear and worries about people’s own health and the health of their loved ones. This may cause changes in sleep or eating patterns, worsening of chronic health problems and mental health conditions. However, each person reacts differently to stressful situations.

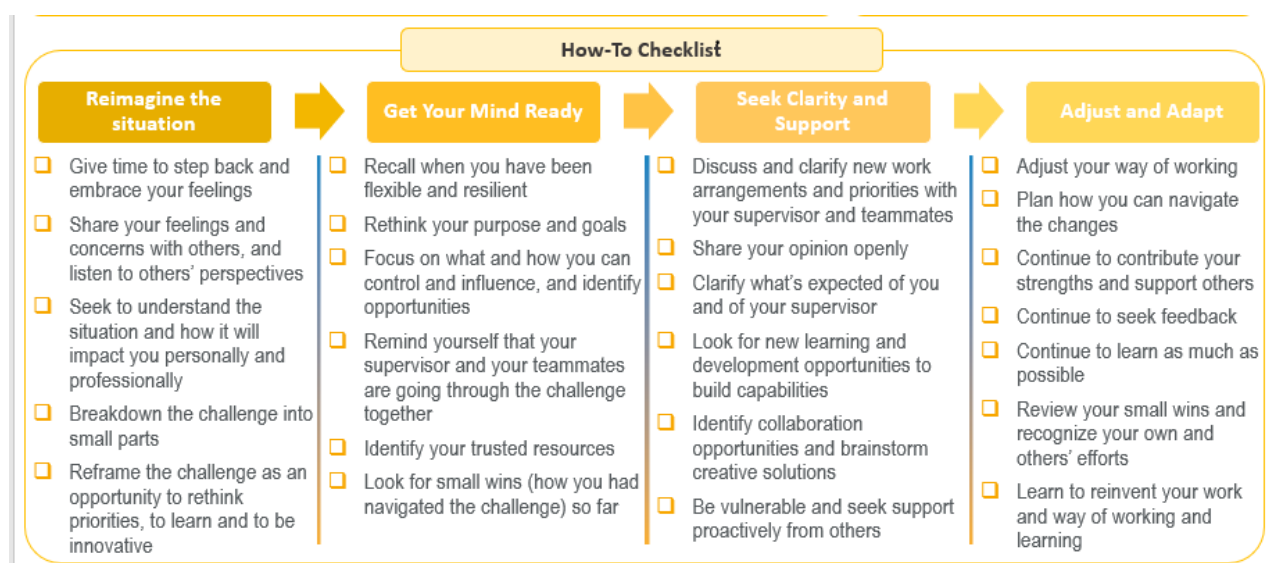
That’s why specially in these challenging times it is essential to spend time in reinventing yourself to maintain confidence and motivate yourself to continuously learn and move towards your own goals. Being adaptable and agile in today’s ever-changing world is an essential survival skill.

When you cope with challenges, identifying your new way of thinking and working will allow you to discover new opportunities to connect, collaborate, learn and grow. To start your reinvention, ground yourself in the present moment through mindfulness. This is a great technique that can help reduce stress and help you get a clear head to get your mind ready to navigate challenges. You can practice mindfulness easily by sitting quietly and focusing on your breathing and senses.

Pause and reimagine the situation you are currently in. Focus on what you can control and influence and clarify priorities and, if necessary, ask for support. And most important: learn to adapt to and don’t be afraid of uncertainty.

You might now think, well this sounds nice but how can I best put this into practice?

Here’s a checklist which will guide you along the way to successfully reinvent yourself:



Answer the bullet points above honestly because this is not about winning a challenge, this is about reinventing yourself.

Also feel free to take a look at the more detailed leading self presentations by our L&OD colleagues on [DS Community](#) (below the Toolkit section) or on the [Employee Update page](#) (above the Toolkit).

In the next part of our “reinventing yourself” series, we’ll take a look at our mindsets and how influential inner attitude can be in our working lives but also in our private lives.

