



# LEADERSHIP IN LOCKDOWN

## CPAS Webinar – May 2020

Here are links to some things that may be of interest following the webinar. Don't try and use them all, choose selectively what will be of most help or interest to you at this time.

- For a recording of James' talk, click this [link](#). Please don't take it out of the Dropbox, but copy it to your hard drive.
- A [planning grid](#) to help you with your medium and long term planning.
- In this [video](#) Simon Barrington explains the pattern following disasters from his work in disaster relief across the globe.
- Psychologist Henry Cloud speaks about the [Psychology of a Crisis](#) with some excellent ideas on how to lead well at this time as part of a webinar.
- If you want to take a quick 'rev check', have a look at the [Symptoms of the Different Zones of Living](#) table.
- A helpful article on [looking after your brain](#) during Covid 19, with five suggestions to help keep your mind clear, focused and working at its best.
- Chris Green considers [what we are learning](#), and offers sixteen reflections. They are worth the read!
- A psychiatrist reflects on the [embodied nature of relationships](#) and why online interaction is more difficult, with eight suggestions for maintaining mental well being.
- A guide to [how to stay focused](#) in your work that explores the relationship between energy, attention, time, distraction and interruption.
- Steve Brown of Arrow North America writes on [Five Choices to Lead Different](#) in this season.
- Megan and Michael Hyatt's [Lead to Win](#) podcast explores how to stay resilient in tough times.
- A guide to [Zoom](#) gatherings: there is still plenty of poor practice out there, so feel free to distribute this guide to those participating in Zoom calls as widely as possible.

### Lead On

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