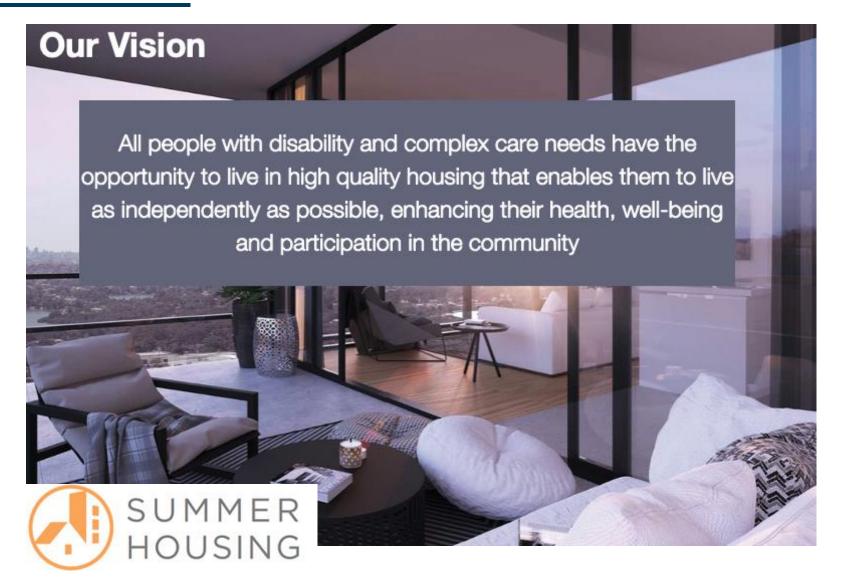


## HOW TO EMPOWER EMPLOYEES DURING A PANDEMIC LOCKDOWN AS A NEW EMPLOYEE

Presenter: Aimie Meier – Summer Housing

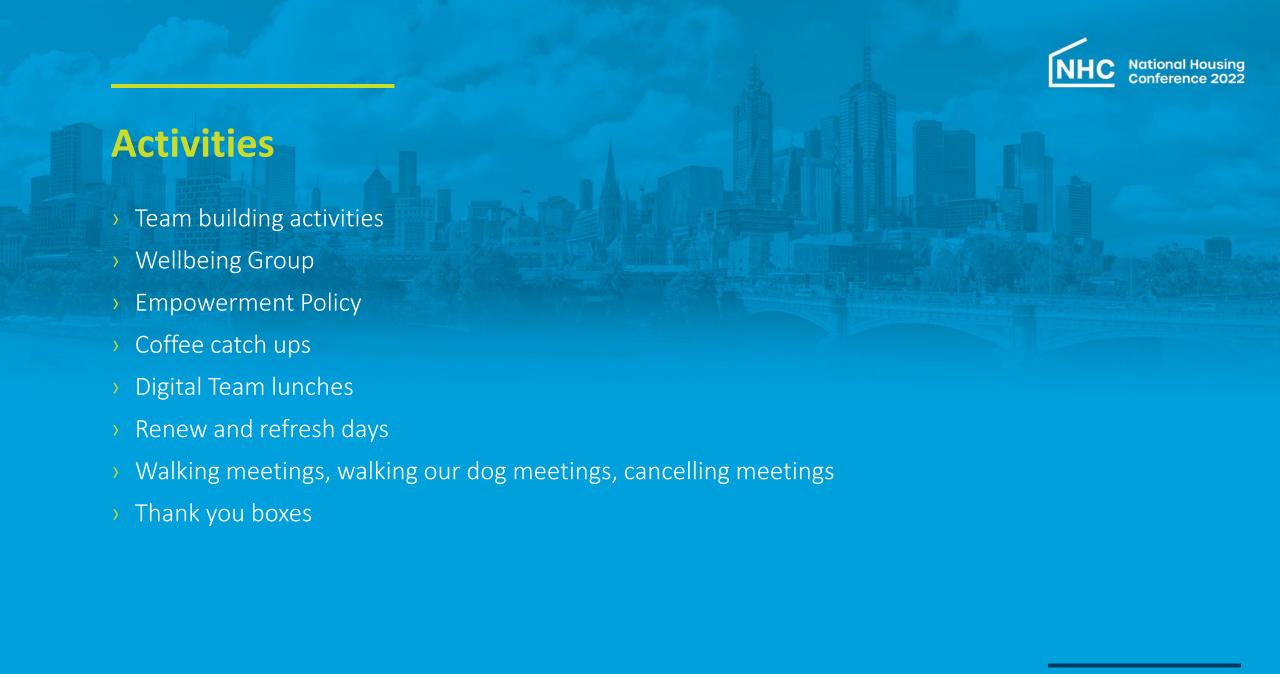






## Questions I asked...

- > How do you make sure your employees are ok?
- > How do you empower someone from afar?
- How do you build rapport digitally?
- > How do you make sure your colleagues are safe; not only physically but also mentally?





## What was really important?

- > Emotional Intelligence
  - > Being aware of my triggers and others triggers
  - > Understanding that we are all humans with thoughts and feelings
  - > Reviewing my days and interactions
  - > Reminding people that it was ok, if they were not ok
- Trauma Informed Practice theory
  - > Understanding COVID-19 was impacting each of us
  - > Responding in a therapeutic manner



