



# Leading During a Pandemic (Stop the World I Want To Get Off!)

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NLIT Summit 2022

October 17, 2022



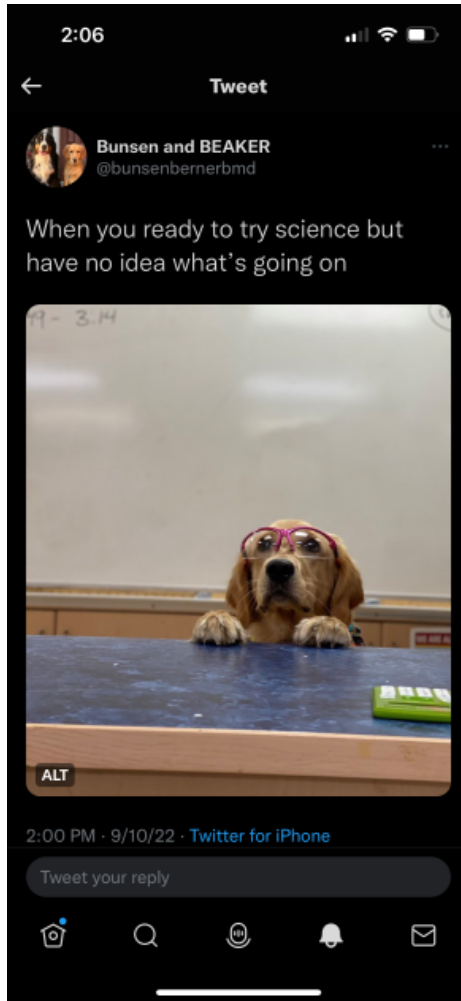
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# Roadmap



- Setting the Stage
- Our New Normal
- Spin on Old Challenges
- New Inputs
- Telecommuting/Hybrid
- Uncertainty
- Nope, Nope, Nopity Nope or Nö
- Actions After Nö

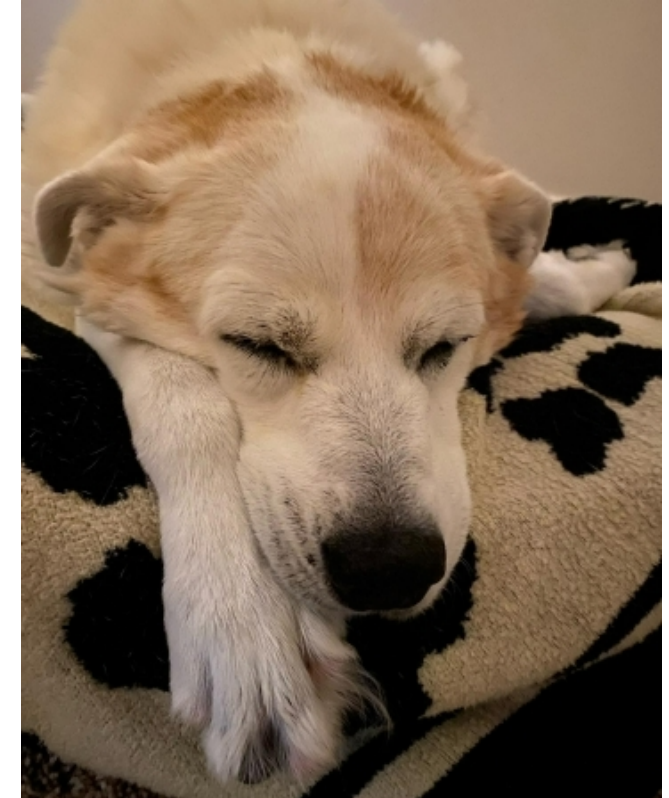
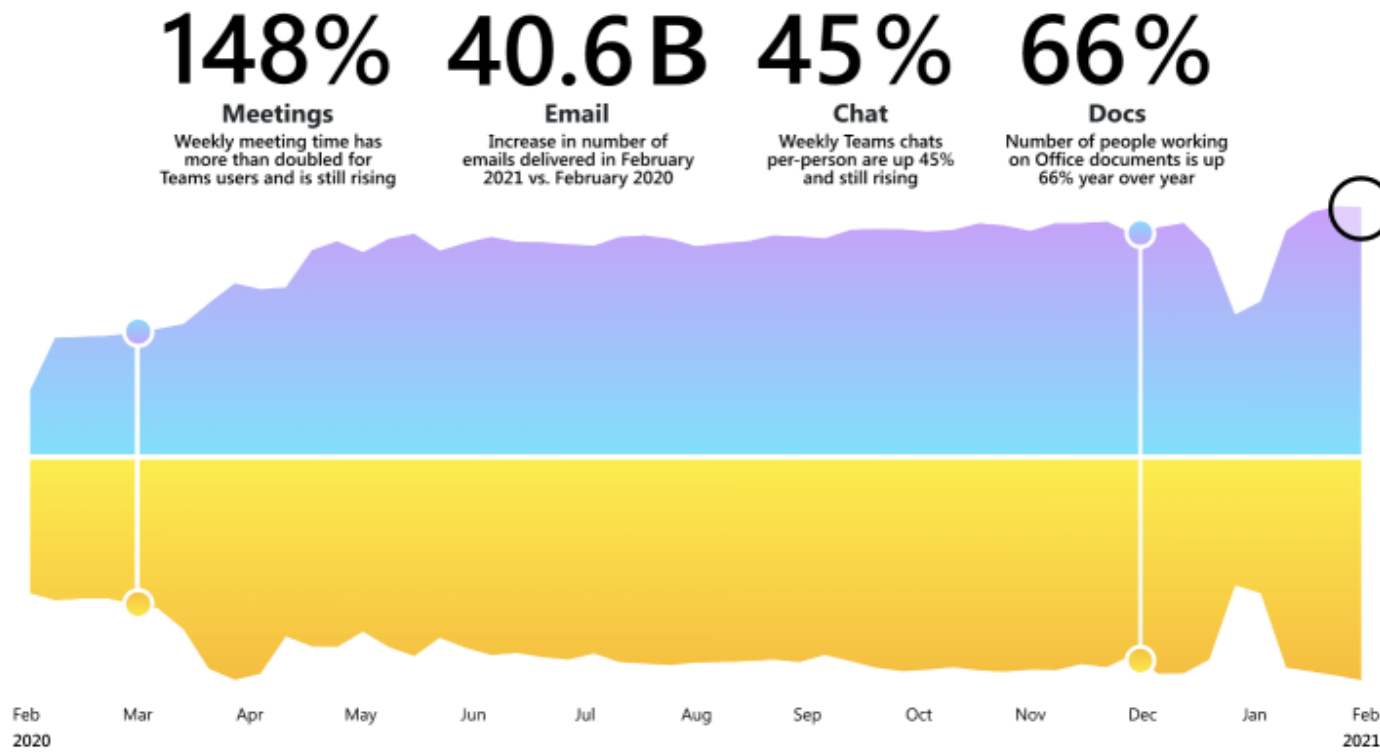
## Setting the Stage





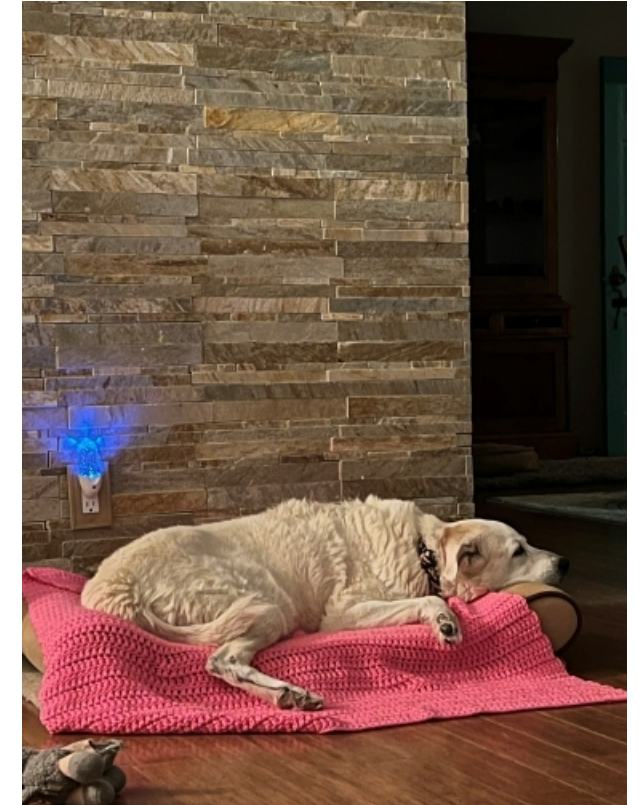
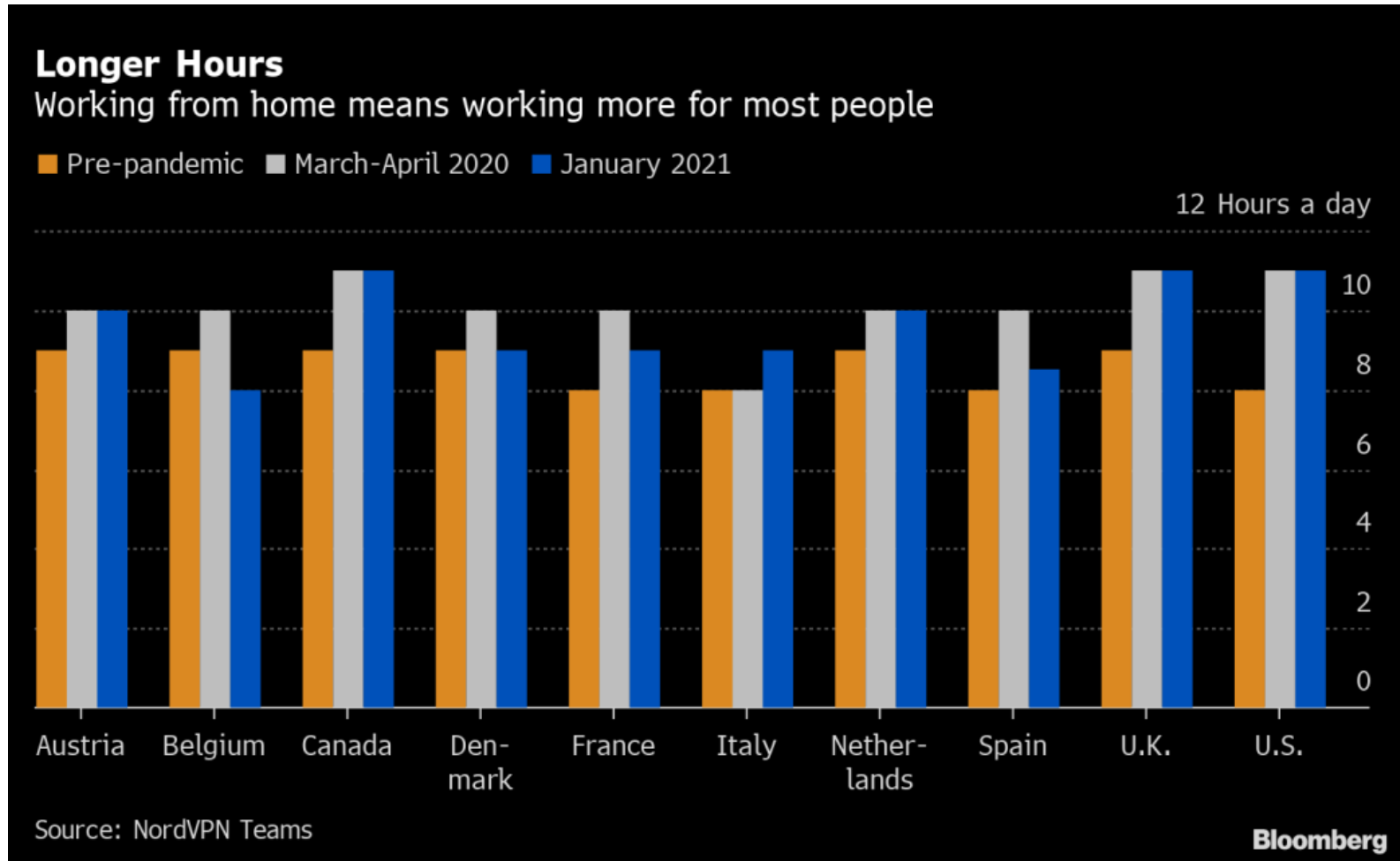


# Our New Normal



<https://www.microsoft.com/en-us/worklab/work-trend-index/hybrid-work>

Analysis of collaboration activity across Microsoft 365 tools from February 2020 to February 2021. This visualization is based on aggregated data, without personal or organization-identifying information.



<https://www.bloomberg.com/news/articles/2021-02-02/remote-working-s-longer-hours-are-new-normal-for-many-chart>

# New Spin on Challenges



**The Golden Ratio** @TheGoldenRatio4 · Sep 18

Everyone getting their individual groove on today



52

165

5,477





## Internal

- Individual risk
- Family member risk

## External

- Vaccination
- Masking
- Social distancing
- Immigration
- Civil unrest
- Food insecurity

## Organizational

- Vaccine mandates
- Mask mandates
- Telecommuting policies



# Telecommuting/Hybrid Work

We spent the better part of two years working from home. We watched more than 6.5 million people die worldwide from COVID. We watched millions protest the unjust killings of Black and brown people across the U.S. We've seen war, violent uprisings, and devastating natural disasters erupt in all corners of the world. All of this while we were confined to our homes, struggling to find ways to pull ourselves away from the screens through which we're inundated with trauma. This can't be overstated: People are still reeling from the car crash. Branded lunch boxes aren't going to fix that. – Trey Williams

<https://fortune.com/2022/09/15/why-are-bosses-obsessed-with-returning-to-the-office/amp/>



# Uncertainty



**The Golden Ratio** @TheGoldenRatio4 · Jul 24

"Maybe if I just ignore it it will go away."



69

260

7,493



upfitnesslive



## THOUGHTS VS TRUTHS

*I am so weak.*

*I will get stronger.*

*I don't like my body.*

*I appreciate what my body can do.*

*I can't do this.*

*I can at least try my best.*

*I am going to fail.*

*I will learn and grow.*

*I will never achieve my goal.*

*I just need to take it one day at a time.*

UP



# Nö or Nope, Nope, Nopity, Nope





# My brother - John

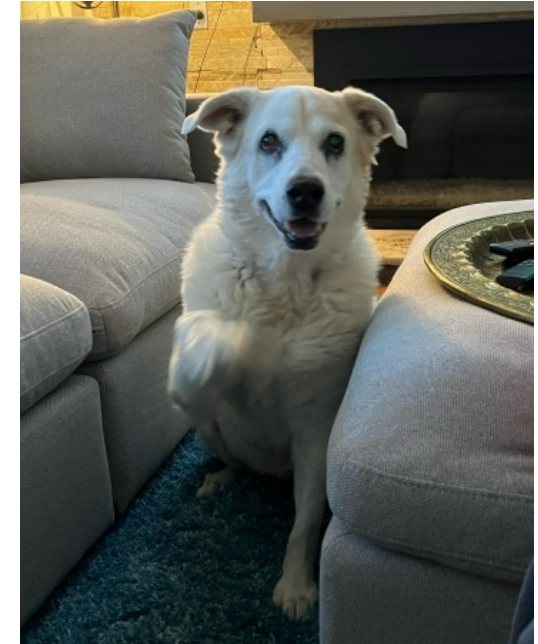




# Actions After Nö



*Your energy is  
sacred.  
Protect your peace.*



# Questions?



It's the small habits-  
How you spend your  
mornings. How you talk to  
yourself. What you read.  
What you watch. Who you  
share your energy with.  
Who has access to you- that  
will change your life.

*Michael Fenge / @thefemaleconquerors*

@thefemaleconquerors ♡

