Welcome

Webinar/Dialogue with the Staff Counsellor’s Office, HRMS at UN Geneva

Adapting to Business as Unusual: How to prepare yourself emotionally for the return to the workplace.

Commons website: commons.ungeneva.org/events

Knowledge & Learning Commons
Adapting to business as unusual: how to prepare yourself emotionally for the return to the workplace?
The Staff Counsellor’ Office

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Introduction

Current situation

New information from the Director-General

Back to Office planning is progressing

How does that affect us?

How can we deal with that
Possible reactions and feelings

- **Mixed feelings, such as:**
  - happy to go back to the office
  - concerns about the ‘new normal’
  - disappointed that it will take some time before going back
Possible reactions and feelings

► **Stigma:**
Be aware of your own biases and prejudices
Possible reactions and feelings

**New routine**: What will the day look like with all these changes?
What helps you to prepare emotionally to continue living in uncertainty:

- Possibly return back to the workplace
- Extend full-time tele-commuting (in line with UN policies)

TIPS

What are your coping styles, please share with us in the Q&A
1. Transparent & open communication
2. Give yourself time to adjust
3. Accept that the situation is uncertain and that you cannot control everything
4. Living in the present

Online activities for your body and mind:
https://iseek.un.org/content/online-activities-your-body-and-mind
5. Focus on the positive aspects
6. Talk to someone about your worries and concerns
Any questions?

- Please contact the staff counsellor’s office:
  Staffcounsellor@un.org
Additional resources

• Presentation by Division of Administration on 14 May 2020
  Update on current plans for the return to the workplace -
  https://web.microsoftstream.com/video/006f27b7-06ad-470f-a466-5f0abac6f464

• For COVID related questions for Geneva -
  https://iseek-external.un.org/gva/coronavirus

• For more general information about COVID -
  https://iseek.un.org/coronavirus
Previous Events

Below you will find links to our previous Commons sessions with the Staff Counsellors on supporting our mental health during the pandemic.

• Keeping a Healthy Mind on 30 March 2020: [https://youtu.be/AKI_pGImR7s](https://youtu.be/AKI_pGImR7s)
• Garder un esprit sain, le 9 avril 2020: [https://youtu.be/bQgnrnxhPTY](https://youtu.be/bQgnrnxhPTY)

• How to cope with anxiety during Covid-19 on 7 April 2020: [https://youtu.be/wBtNegwEv80](https://youtu.be/wBtNegwEv80)
• Comment faire face à l'anxiété pendant le Covid-19, le 23 avril 2020: [https://youtu.be/J59STY78OQE](https://youtu.be/J59STY78OQE)
Thank you for joining!

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To provide feedback, please scan this QR code:

To share ideas, please email us at commons@un.org.

Visit commons.ungeneva.org/events for upcoming sessions, events and connection details.
5 minute-guided meditation