

Lockdown Learning

What have you discovered about yourself and how you prefer to work during this period of change? In lockdown, you've had to adapt to new work practices, reset your expectations, preserve your mental and physical wellbeing, and develop new resilience as the world shifts around us.

This exercise helps you to capture and reflect on that learning and will enable you to be clear about what that means to a future employer, and what it suggests about future work options, as well as new habits for those you live with.

<p>What have you 'lost' during lockdown? [It can also be useful to do this exercise with family or those you are isolating with and discuss notes]</p>	<p>What have you gained?</p>

When you've had a good look at your list, and discussed it with someone you trust if you wish to, now think about what this means for your future.

Opportunities

What opportunities do you want to take forward – both in your current work situation, for new directions in your work life?

Commitment

Choose up to five things you want to commit to. Write them down below, add a date and the first step to bring this to reality.

- 1.
- 2.
- 3.
- 4.
- 5.

What else have you learnt from this process?

I hope this helps you understand what you have gained from lockdown, and what this means for making changes in the future. Good luck, and do let me know what your biggest takeaways are. Mail me at: becky@freestyle-careers.com