

20 LESSONS I LEARNED FROM THE PANDEMIC

Pause, introspect and reflect!



This year has been more about questions than answers. Sleepless nights and dread forced us to stay indoors without any hope. Extracting ourselves from the realities of the catastrophe hasn't been easy. Now that we are nearing the end, the vision is getting clearer and better.

While there are challenges ahead, we can use the lessons we picked up in 2020 to move forward. Personally the year has been of reflections and a time to look within. The journey inwards helped me to clear my head from the surrounding noise.

Writing this ebook helped me to unload the baggage which I had within me. I hope these lessons give you an insight on how to be patient and resilient in life. Reviewing one's choices and going a little deep can give us a better perspective on our journey ahead.

Also on a lighter note, it is not every year that we end a decade, so make sure you celebrate it right.

Happy reading!

A handwritten signature in black ink, appearing to read 'Navneet K.', with a horizontal line underneath the name.

Consume consciously:

The pandemic taught us the difference between wants and needs very subtly. While businesses around the world were driven by insane consumption levels, Pandemic became an eye opener for the world. Pause to sustain organically and look around before consuming unnecessarily.

The power of Trust

While the virus spread panic among us, the rope of trust was at stake. While I was thinking about how I would hold our people together, their relentless passion and perseverance made the task easier.

Emphasis on the purpose

Uncertain times make us look into our foundational element. This year, I reflected on our old methods and re-emphasized on its end result to figure out what needs to be done further. Unlearning and relearning played a huge role.

Undo your mental barriers

Mindset plays a huge role in determining your reaction to a situation. It was either panic or patience, and the right mindset helped me choose the latter one.

Collaboration brings innovation

Collaboration brings innovation, and is impervious for growth. Pandemic made me realise that collaborations can really change fortunes. I remember how our sales team coordinated and collaborated with each other to bring record breaking sales, amidst a pandemic, while working remotely. Something which we never knew was possible.

Be mobile and agile

One of the significant lessons I learned is to bring mobility and agility in the business. The world of the future is very unpredictable, and agility would be an important factor in deciding who survives the long run.

Getting out of the autopilot mode

For a long time everyone was stuck in the autopilot mode. Our ideas were copies. This sudden halt brought us closer to ourselves and gave us a chance to pause, reflect and be aware of what we are doing.

Hey,
Let's take a break and
reflect on your last hour?
Shall we?



Innovation is a must

After years of running around, our engine suddenly paused. During this pause, innovation became our global life saviour. Then be it managing the entire workforce remotely, or creating record breaking sales amidst a Pandemic, innovation led the way.

Authenticity is the key

Pandemic taught us that the consumers will trust you, if you would be authentic to yourself, and your values.

Refocus on resilience

Leaders need to refocus on resilience. Instead of focussing on bouncing back we need to focus on accepting the change and learning about its nuances. Accept, don't resist then you will be able to tame the pandemic.

Self management is the way ahead

The lockdown brought us to understand that not all travels were necessary after all and that remote work is possible with trust and self management. The future of organisations is to become self managed.

Forgive more, forgive fast

Forgiveness is akin to a vaccination for stress and depression. Forgive others, yourself and your past. It is a kind of unlearning and will help you grow. Perseverance happens through forgiveness. To be a human you need to forgive, and when you do, you become more resilient.

Celebrate your vulnerability

Vulnerability makes you stronger. All this time we were arrogant about our abilities. But the pandemic taught us that we are so insignificant. This realisation will make us more human and conscious towards mother nature.

Heal yourself

Only if we let go of the past will we be able to embrace what is in store for us. This year, more than ever, we need to heal ourselves from all that we went through.

Hey,

Hugs can heal you.
When was the last time
you hugged someone?



Be Mindful

Our mind is like a memory card full of folders. Everything is piled up without any spacing. We were so mindless of our actions and moved like a deadfish. This year forced us to introspect and unlearn and be more mindful of our actions.

Celebrate self love

The idea of celebration was redefined this year. We were pushing and pulling ourselves to unnecessary consumptions. This year made us realise that actual celebration is about the excitement of getting to know oneself.

Be humble

Remember it was a minute particle from a land thousand of miles away from you which brought the entire world to a standstill. So, be humble, and respect mother nature.

Define your purpose

For far too long we were mindless of the work we were indulged in. Without purpose, business is just transactions. It is in times like these that only purpose driven organisations survive.

Focus on three C's

Culture, Core values, Communication, these elements held Jaipur Rugs together during these uncertain times.

Bring sustainability into Business

We have been hurting nature for a long time now. The pandemic showed us what is at stake if we don't preserve the environment. I believe leaders driven by love will bring sustainability and healing to the world.

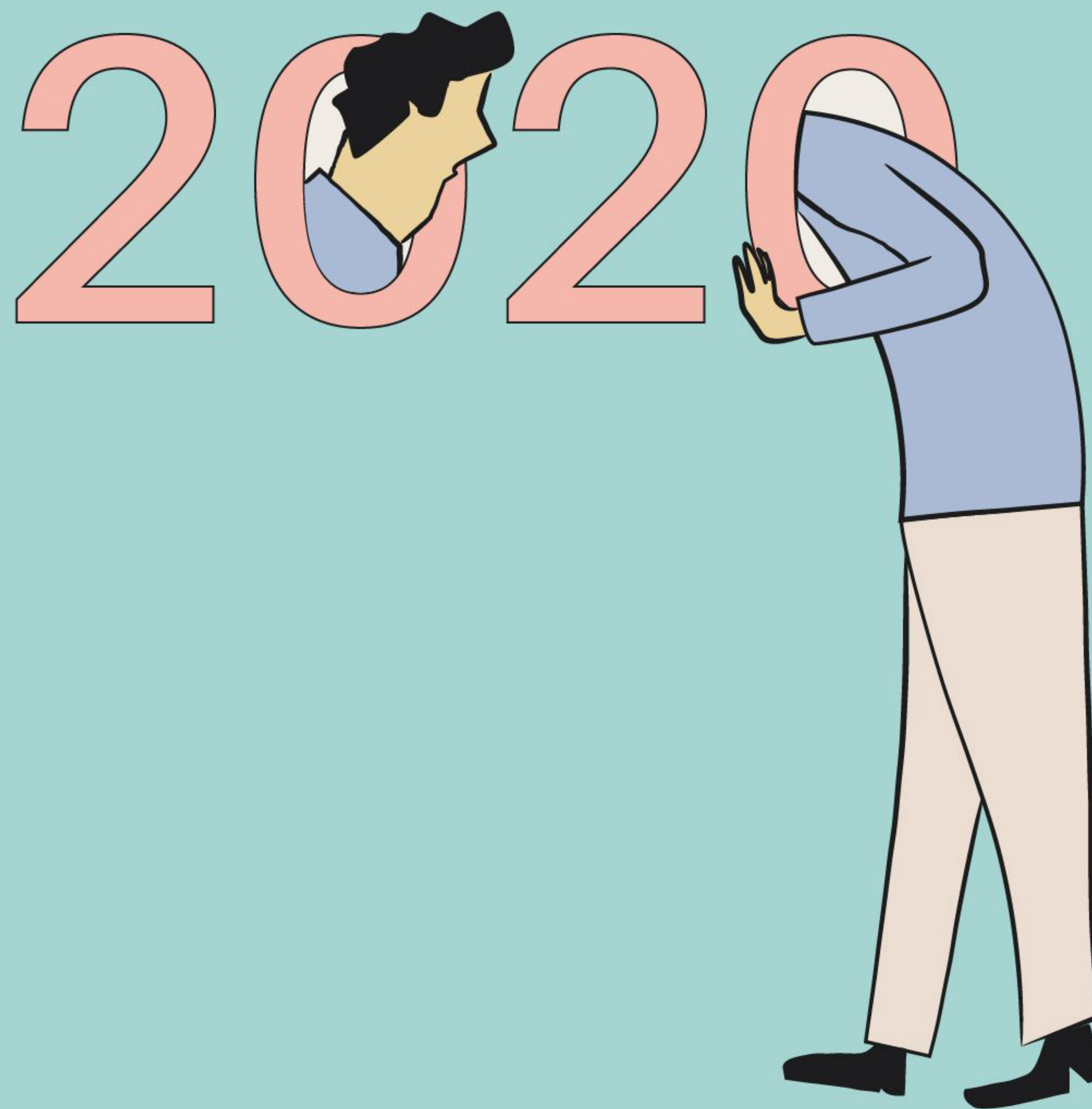
A shared insignificance...

Remember, we will not re-emerge the same as before. But when we do, one thing that shouldn't change is our focus on creating a business culture built on trust and sustainability.

This year brought a universal realization of shared insignificance. I believe this realization will drive humanity into a sense of belongingness which eventually will push people to choose consciously.

As Mahatma Gandhi said, **“In a gentle way you can shake the world”**. Well, indeed we can, and we will, for the better.

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I hope you enjoyed going through the Pandemic Lessons ebook.
If you would like to read more ebooks, you can **visit here**.

You can connect with me on **Linkedin**.

It will mean the world to us,
if you shared your feedback about the e-book on
admin@nkchaudhary.com

Thank you for your time and a very happy new year.