



TRAINING

HOW TO GET YOURSELF OVER THE 2020 FINISH LINE





HERE'S HOW TO GET YOURSELF OVER THE 2020 FINISH LINE

"No one gets an award for declaring 2020 to be a terrible year. We've lived through a period which has somehow intertwined devastation for some with boredom for others, and frustration for all of us. But it has also caused lots of us to think about what is important, and about how we want to live. The flatlining of so much activity also gives us an opportunity to think about how we want to rebuild, what we want to keep, and what we want to change.

In February 2020 (which now seems like a parallel universe) Dods Training had delivered less than 50 virtual training workshops in nearly 10 years. Between March and December 2020, we delivered over 400. And once all of this has passed, we will continue with a blended approach, combining the best of virtual and distance delivery with the best of face-to-face. And there may be changes from the past 9 months which you will keep doing too.

We've almost made it to the end of 2020, together. And we will continue into 2021, together. And as we do that, I hope some of this advice helps."

Tom Brown, Director of Dods Training

Our expert associates share their thoughts on how they keep motivated and how you too can get yourself over the 2020 finish line.





BERNARD GENGE – EXPERT ON WELLBEING AND BUILDING RESILIENCE

“Now, here is your exciting method to get yourself over the 2020 finish line and prepare yourself for a 2021 that will really count.

Every day between now and the 31st December you do two things that are not just positive and preparing yourself to be the calm, open communicator you want to be, but after just 4 days of using this process your body will have a **50% increase in its immunity** – what a by-product.

The first thing you do is daily (and several times a day preferably) you **visualise/create a powerful image in your mind** of you being the **calm, open, assertive person that you will be in 2021**. Secondly, you support this visualisation with powerful **positive self-talk affirmations** such as “I am calm, open, assertive and confident in every interaction with others”.

Do this every day until the 31st December and then into the first week of January, **see your confidence soar** and prepare yourself for a fantastic 2021.

Now, choose your goal(s) for the first quarter of 2021 create that visualisation and positive self-talk statements and start using them right now.”

Bernard is delivering our Building Resilience open course on the 15th December.





KATIE DRIVER – EXPERIENCED COACH, TRAINER AND FACILITATOR SPECIALISING IN POLICY DEVELOPMENT

“I’ll be focusing on the handful of things that will make me feel I’m **ending 2020 in a good place**. For me, that means putting in a last burst of focused time so I can have the satisfaction of finishing off a couple of chunky work projects, carving out some time in next year’s diary so I can look forward to bringing a new idea to life, and using the festive season to connect with family, friends and colleagues virtually and have some fun. I’ll also be doing my usual ‘Advent running’ challenge – running at least a mile a day until Christmas Day!”

Katie will be delivering our How Policy Works open course in February 2021

GARETH RUSSELL – DODS TRAINING ASSOCIATE

Struggling to build new habits? Wish you had more willpower or motivation? Good news. You don’t really need either when you make the habit easy enough to get done. In [this video](#), Gareth Russell explains the **benefits of thinking small**.

Gareth delivers training on areas including; delivering capability improvements at an organisational level, managing remote teams and working in collaboration.



ARUN SINGH – DODS TRAINING ASSOCIATE

1. Take an early morning walk in the light to **strengthen your energy** and put you in the right mood for the day instead of taking one later in the day as darkness descends on the day and you.
2. **Make a plan** for you for 2021 to consolidate the now and look forward.
3. **Keep talking to the neighbours** you have connected with during the two lockdowns.
4. **Build on the reflection** you may have done more of during a lockdown and decide how you will make it a routine.
5. **Keep creating and sharing**, for example, cook two more dishes that you have not tried before and have always wanted to.
6. Finally, **clap for yourself and loved ones** for getting over the 2020 Finish Line.

Arun is delivering two open courses in 2021:

- *Cross-Cultural Management, Teams and Communications – 18th January*
- *Virtual and Online Negotiations – 26th January*



RICHARD HILLSDON – DODS ASSOCIATE TRAINER AND COACH

Here's how I have survived this very odd working period:

- Without the need to commute, making sure I meet my Fitbit 10,000 steps target each day by going out early in the morning to get some exercise (in my case, a run). **Sets me up for the day.** I have found that not having trains and parking on my mind has led me to enjoy the environment around me - the sky, the birds, etc – and it works, as long as you leave the headphones behind. Try it...as long as you can drag yourself out of a warm bed!
- I have found cooking has become not a chore in a hurry after a long day out of the home but a joy. You can plan it and look forward to it, and because you can stop work and be in the kitchen in a few seconds, you can take your time and savour the process...as well as the result!
- Perhaps most seriously, I have found it vital to **keep much of my routine intact.** I get up early at the same time as I always have done on a weekday, shower and shave as usual, but most importantly, dress as though for work on a weekday – no business shirts, shoes and trousers perhaps but smart casual at least. It has the effect of helping me to get into work mode and not just when I will be viewable on Teams video! No cheating with pyjama bottoms out of view!
- Finally – and maybe eccentrically – to help me remember that there is still a wonderful world 'out there' we have stuck a very large (2 metres) picture of an inviting Moroccan "riad" on the back of our door. This is so we can look at it as though that's what we will step into instead of the restrictive lockdown/Tier world we are having to put up with. Gives us hope that **"This too shall pass"**!

Richard Hillsdon delivers training on Success Profiles and the Future of the Civil Service. Do get in touch for more details.



**Contact the Dods Training
team for more information**

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