

Normal-ish

Adapting to our new realities.

Nouvelle normalité
S'adapter à nos nouvelles réalités

**The hardest thing about this
September is _____**

**La chose la plus difficile de ce mois de
septembre est _____**

FlexGC & FYN | FlexGC et RJFF

September 15: Normal-ish

15 septembre: Nouvelle normalité

September 22: The Resilience Long Game

22 septembre: Le long jeu de la résilience:

September 29: Setting up for Success

29 septembre: Se mettre en position pour le succès

October 6: How to be More Productive

6 octobre: Comment être plus productif

October 13: Parenting during the Workday

13 octobre: tre parent pendant une journée de travail

October 20: Distributed Teams 101

20 octobre: Équipes réparties pour les débutants

October 23: Into the Future of Work

23 octobre: L'avenir du travail

**You can get so confused that you'll start in
to race down long wiggled roads at a break-
necking pace and grind on for miles across
weirdish wild space, headed, I fear, toward a
most useless place. The Waiting Place...**

Dr. Seuss

quote fancy



part 1

Normal-ish: adapting
to our new realities



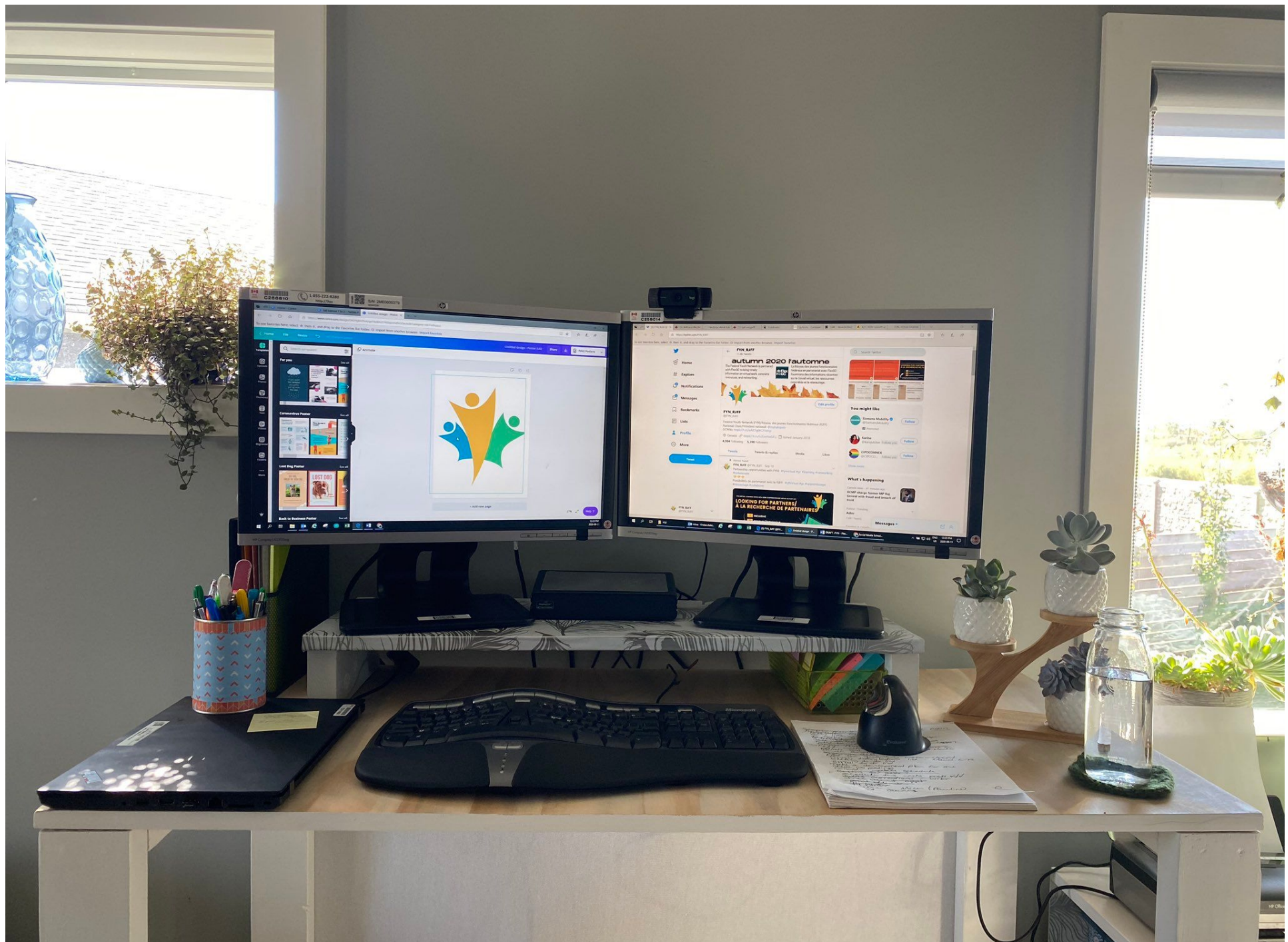
partie 1

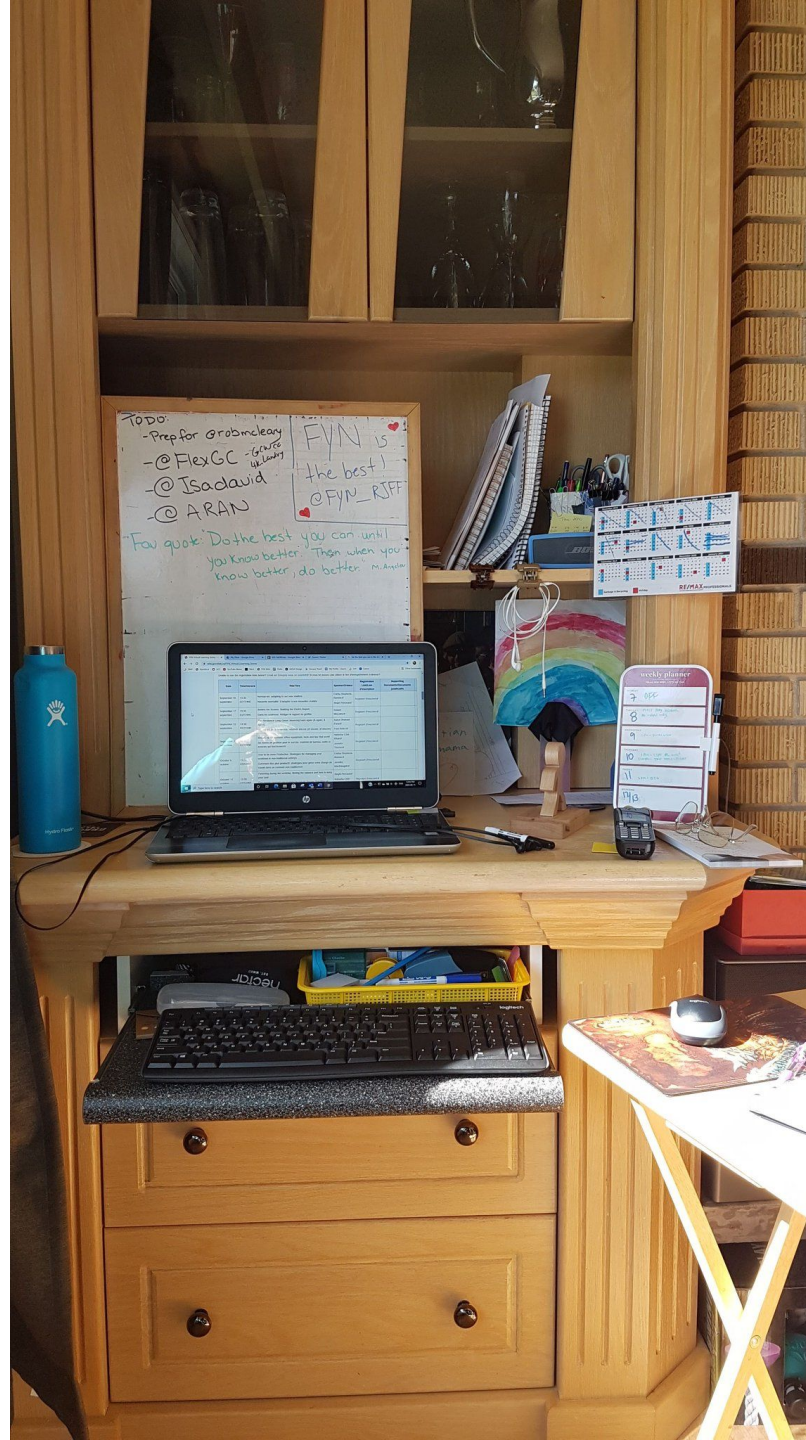
Nouvelle normalité:
S'adapter à nos
nouvelles réalités

15 septembre 13:30 HNE









TODO:
- Prep for @robmcleary
- @FlexGC - gave
- @Isadauid
- @ARAN
FYN is
the best!
@FYN_RIFE

Fav quote: Do the best you can until
you know better. Then when you
know better, do better. M. Anderson





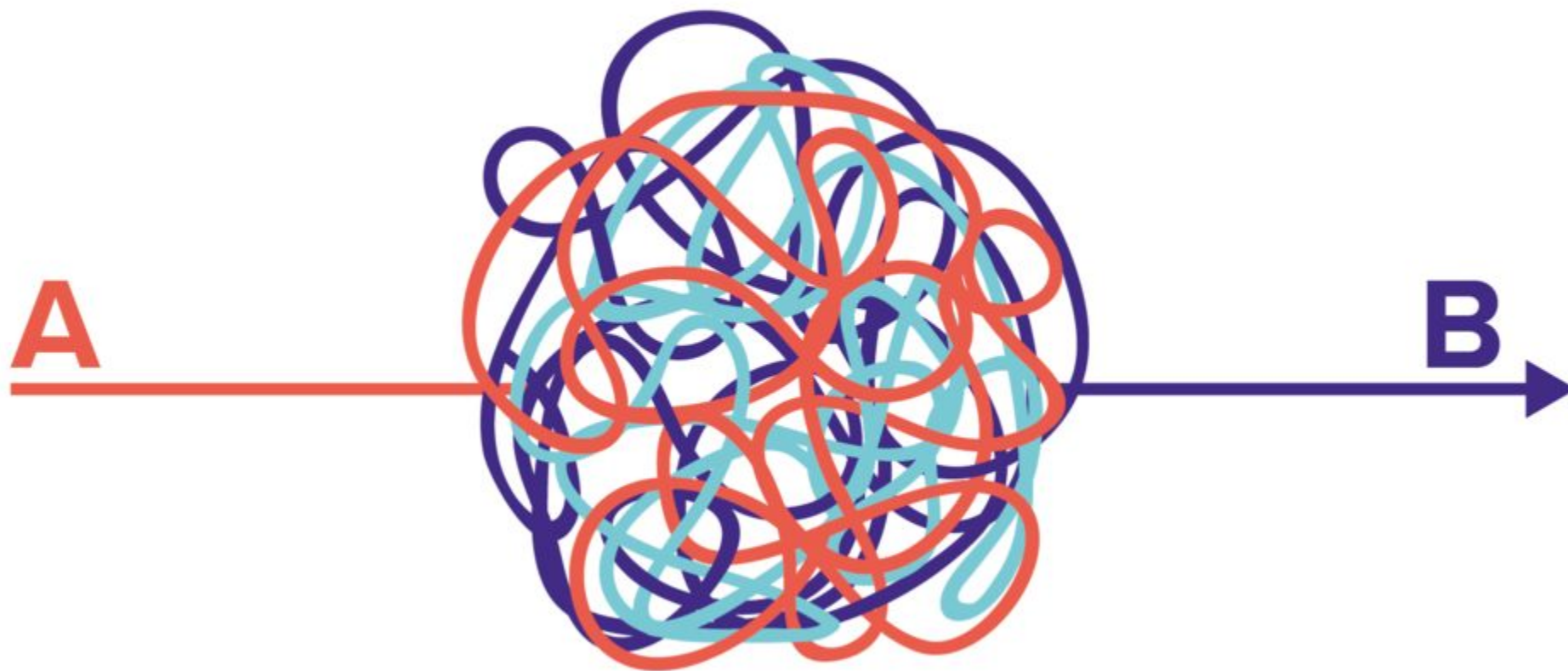


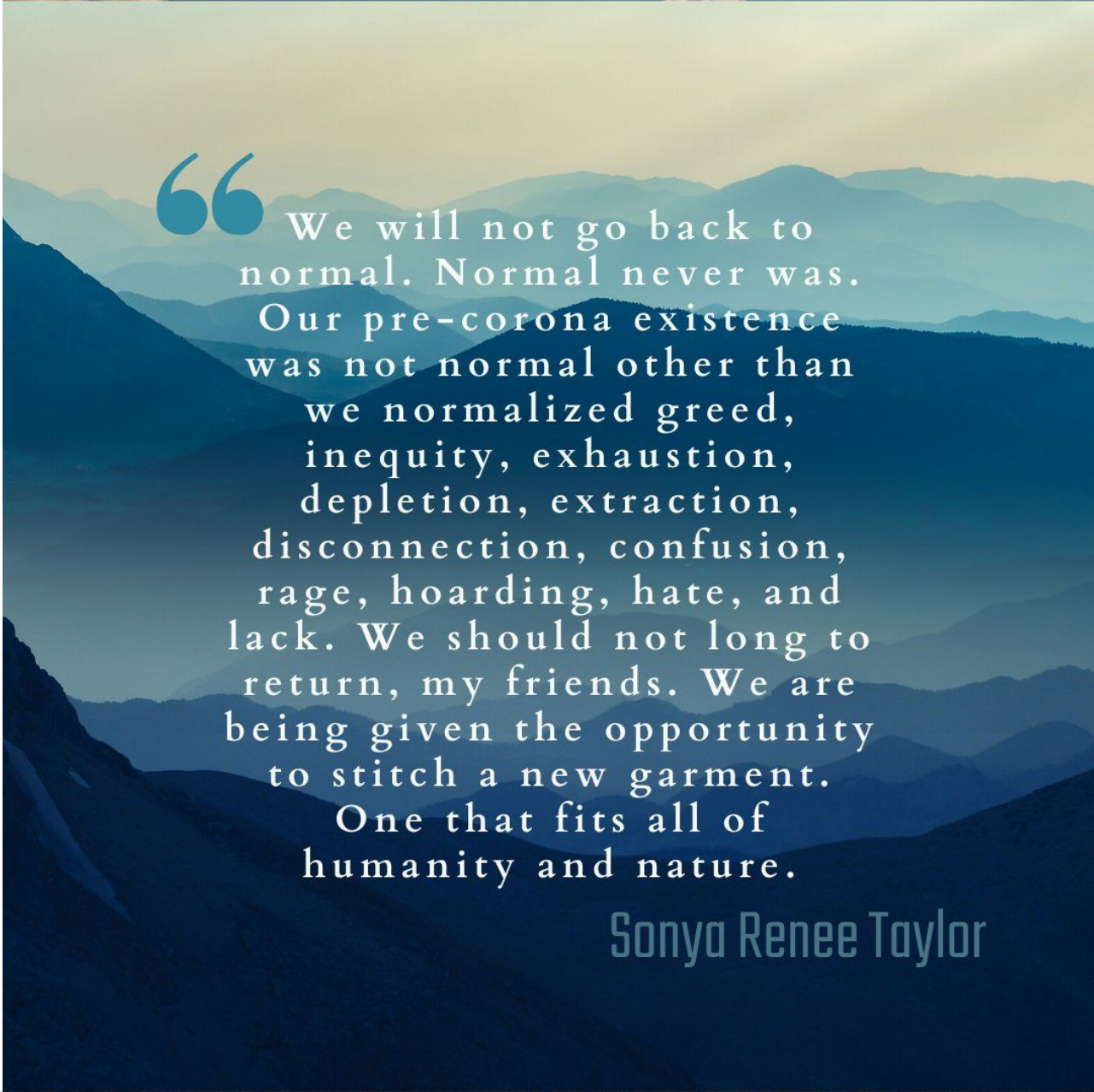












“ We will not go back to normal. Normal never was. Our pre-corona existence was not normal other than we normalized greed, inequity, exhaustion, depletion, extraction, disconnection, confusion, rage, hoarding, hate, and lack. We should not long to return, my friends. We are being given the opportunity to stitch a new garment. One that fits all of humanity and nature.

Sonya Renee Taylor

Sara Minaeian

Ottawa, ON

@saraminaeian



- *Sara believes in the power of empathy to strengthen collaboration, curiosity and determination in the workplace. She channels these values as she leads innovative research, analysis and project coordination solutions to support technology policy initiatives. Currently, Sara leads the development of an enterprise approach to assessing the accessibility of information communication technologies (ICT) used by the Government of Canada. In her spare time, she enjoys kayaking, painting and listening to podcasts.*
- *Sara has made a documentary about compassion and presented a TEDx talk on the same topic. Since then, she has explored in practice how empathy can strengthen communities.*

- Where will you go from here (professionally, spiritually, physically and mentally)?
- What are some of your values? Take time to jot them down. How do you show these values on a day-to-day basis?
- How are you thinking outside the box to align to your values and find the opportunities (in the challenges) that bring you closer to a sense of fulfillment?
- What new relationships are you noticing and how are you celebrating the change?

Moving Forward

“The best thing you can do in any period of change is to bet on neither black or white. The future will be made up instead of shades of grey where few things are certain and *the best you can do to prepare is to be endlessly adaptable.*”

--Paul Taylor, Bromford Lab

[Why Do So Many People Want Us Back In The Office?](#)

Questions?

Find resources for today's session
at this link:

shorturl.at/bisu6

Trouvez des ressources pour la
session d'aujourd'hui sur:

Find us | Trouvez-nous

Medium: [@flexgc.canada](https://www.flexgc.ca)

Twitter: [@FlexGCInfo](https://twitter.com/FlexGCInfo) and #FlexGC

GCcollab: Join our FlexGC group

Email: flexgc.canada@gmail.com if you have questions, topic suggestions, or if you want to schedule a 1:1 or 1:team connection.

We are looking for new members! Join us!

Medium : [@flexgc.canada](https://www.flexgc.ca)

Twitter : [@FlexGCInfo](https://twitter.com/FlexGCInfo) et #FlexGC

GCcollab : Joignez-vous au groupe FlexGC

Courriel : flexgc.canada@gmail.com si vous avez des questions, si vous avez des sujets que vous aimeriez voir traités, ou si vous souhaitez planifier une session individuelle ou en équipe.

Nous recherchons de nouveaux membres!
Rejoignez-vous à nous!