



REC

Recruitment
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Confederation

COVID-19 Webinar Highlights

Theme:

Strength from adversity –
deriving positives from the negative

Webinars for recruiters by recruiters

Recorded on 16 April 2020

Five step plan to overcome fear and uncertainty caused by COVID-19

by Chris Allan, Mental Health Advisor

1.

Control your focus: control what information comes in and feed your mind with positivity - read great books, listen to podcasts, and utilise all available resources to you.

2.

Look after your body: fear is the embodiment of danger which we can turn around – exercise and push your way through to the end.

3.

Find a role model: identify the individual, the right method or way for you, e.g. meditation, or someone who can help you on your pathway to what you want in life.

4.

Start your plan: find a method that will work for you and be committed to this.

5.

Change your state: re-frame your focus towards positivity; take a moment to express gratitude and help those more vulnerable.

Supporting mental health and removing the stigma – advice for recruitment leaders

Be kind to yourself

work and businesses require an unbelievable level of resilience.

The main limiting factor on the growth of yourself and business is you, the leader – it is about your mindset and skills.

Open up

be honest and transparent; don't feel you'll be judged for your vulnerability.

You're not alone. Find someone to confide in – seek their counselling or get a trustworthy advisor.

Sharing tackles the loneliness and isolation.

Failure and success are intertwined

enjoy the moments of joy and know that failures pass quickly.

Know that great things can emanate from your low points – you can emerge stronger but be prepared to put in the hard work!

Show empathy and understanding

recognise that “it's ok not to be ok”.

Individuals may be more prone to open up in a one-to-one session – be honest in return as others can also help you delay or manage those fears, creating a two-way relationship.

“If you're carrying the world on your shoulders, at some point the world will crush you, so put it down, take a step back, so you can see what your world is looking like, then get the people around you that can help you move your world forward in the most positive way.”

Howard Greenwood, LoveWorkLife Consultancy

Achieve positive mental wellbeing - video tips for you and your team

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Mental well-being at home

1. Working from home

Presented by
Bradley Placks, co-founder of To Augment
and **Chris Allan**, mental health trainer



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Mental well-being at home

2. Confidence

Presented by
Bradley Placks, co-founder of To Augment
and **Chris Allan**, mental health trainer



[Follow our seven-part video series featuring tips on achieving positive mental wellbeing.](#)

More COVID-19 support this way

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Coronavirus
(COVID-19) Hub
(updated twice daily)

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- Join our [free weekly COVID-19 webinars](#) for recruiters by recruiters – (held every Thursday)
- Read our [latest blogs](#) providing timely and practical business advice for recruiters and recruitment business owners (published weekly)
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