

## **Why you Should Ignore all that Coronavirus-Inspired Productivity Pressure**

*Aisha S. Ahmad*

*March 27, 2020 | The Chronicle of Higher Education*

<https://www.chronicle.com/article/Why-You-Should-Ignore-All-That/248366>

During times of uncertainty we all try to fight for a sense of normalcy. Aisha Ahmad, an academic who has lived under conditions of war, violent poverty, and disaster, shares her experiences of adapting to conditions of crisis. She provides stages on coming to terms with our current crisis and embracing the authentic and new normal. Remembering that this is not a sprint but a marathon.

## **10 Ways to Communicate with Empathy and Authority in Times of Crisis**

*Hayley Hawthorne Ph.D. and Nicole Lowenbraun | Duarte*

<https://www.duarte.com/presentation-skills-resources/important-communicate-empathy-authority-times-crisis/>

This article examines 10 key points on how to communicate effectively with empathy and authority during times of crisis including tips on active listening, flexibility, acknowledging the fears and concerns of others, building trust, leading by example, and more.

## **Tips to Make the Most of Your Virtual Communication Experience**

*Hayley Hawthorne Ph.D. and Nicole Lowenbraun | Duarte*

<https://www.duarte.com/presentation-skills-resources/tips-for-virtual-communication/>

Building upon a basis of empathy and understanding, it is also important to feel comfortable and prepared for virtual meetings. This article from Duarte provides advice for making the most of our virtual communication experiences through tips on preparing your physical and virtual spaces as well as yourself, so you feel confident in your new presentation medium and can stay focused on engaging and connecting with your audience.

## **If You Suddenly Work Remotely, This Matters More Than Anything Else**

*Monica Torred*

*March 12, 2020 | HuffPost on Communication*

[https://www.huffingtonpost.ca/entry/remote-work-coronavirus-how-to-advice\\_1\\_5e690cedc5b60557280f70d0](https://www.huffingtonpost.ca/entry/remote-work-coronavirus-how-to-advice_1_5e690cedc5b60557280f70d0)

Monica Torred examines the importance of “making sure your colleagues feel seen and heard” while working from home, describing that maintaining proper, healthy communications and relationships with your co-workers should be the priority of both managers and staff when it comes to navigating virtual work spaces.

## **How Leaders Can Maximize Trust and Minimize Stress During the COVID-19 Pandemic**

*March 20, 2020 | American Psychological Association*

<https://www.apa.org/news/apa/2020/03/covid-19-leadership>

During uncertain time, people are looking to those in leadership positions for guidance on what to do, what to expect, and how to respond to the everchanging environment. Based on the research of numerous psychologists, this article demonstrates how to boost the communication of leaders during times of crisis. This list includes tips of managing stress, sharing information with empathy, optimism, and honesty, communicating regularly, providing forums, being a role model, and more.