



## **Covid 19 and your business: Business and Leadership Series with Dr. Shibly Mustapha, Episode 1**

### **What will I learn in this episode?**

- How to prepare your business against the effects of Covid.
- How is it likely going to affect us, and to what degree?
- What do our clients want from us during this time?
- What should you be doing as a leader?

### **One thing to remember: how to protect yourself so you can lead your team well.**

Protect your thoughts. There are things that you can't control in this situation - don't dwell on these.

Protect the information that you're ingesting. You don't need hourly updates of everything that's happening in the world.

Protect your environment. Have a plan for yourself: what is my day going to look like, what will my mindset be. You can't control what is happening but you can choose to have a victor attitude.

### **Shibly says:**

“Especially now through Covid we need to be that certainty and show that leadership within our communities, because there's a lot of people freaking out right now, especially business owners. We can BE that pillar of strength for them - if we CHOOSE to.”