

# *the* LEADERSHIP CORONICLE™

## Chapter II: The Business Post Traumatic Syndrome (BPTS)

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## Pressing Questions

- Worrying about your own and your business situation?
- Not able to think far ahead?
- Trying to identify the Opportunities the Crisis is offering?
- Your mind is taking you to a total Model or Structure change at times?
- New challenges have emerged. An unforeseen situation:
  - How adaptable is your Thinking?
  - How adaptable is your Business Structure?

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Chapter I: The Neuroscience of Fear, Anxiety and Stress

**Chapter II: The Business Post Traumatic Syndrome (BPTS)**

Chapter III: Building Leadership Skills for the Future

Chapter IV: Building the Business “Bucket List”

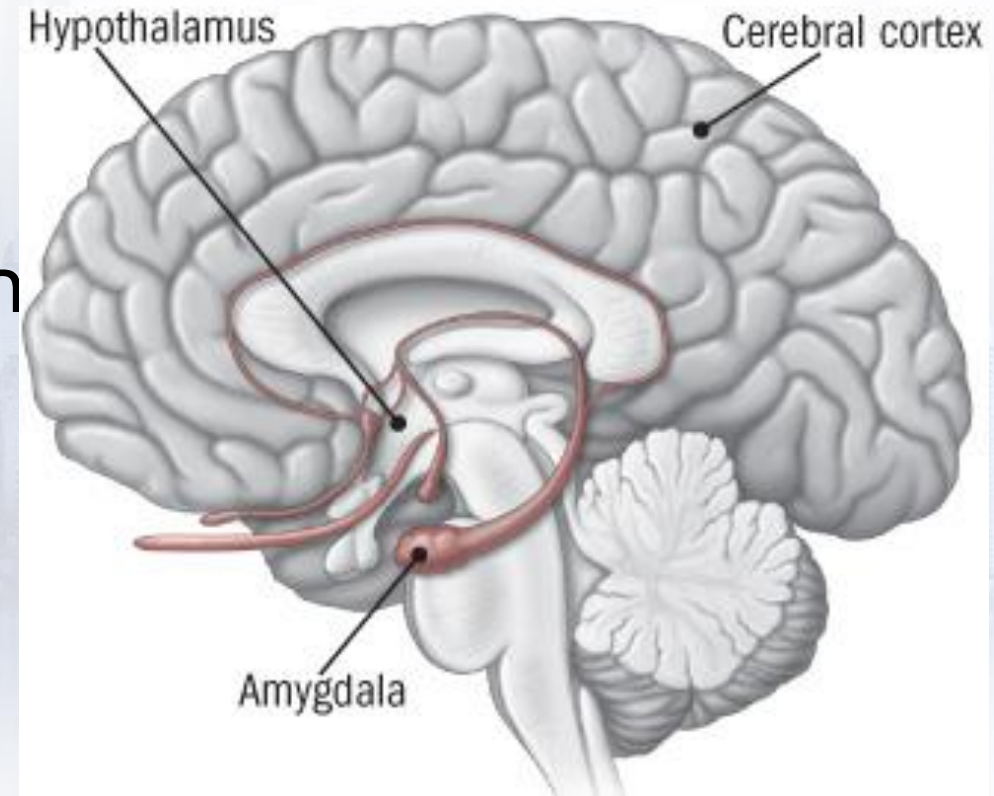
Chapter V: Building Organizational Immunity (OI)

Chapter VI: The Strategic Metamorphosis

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## Chapter I Recap

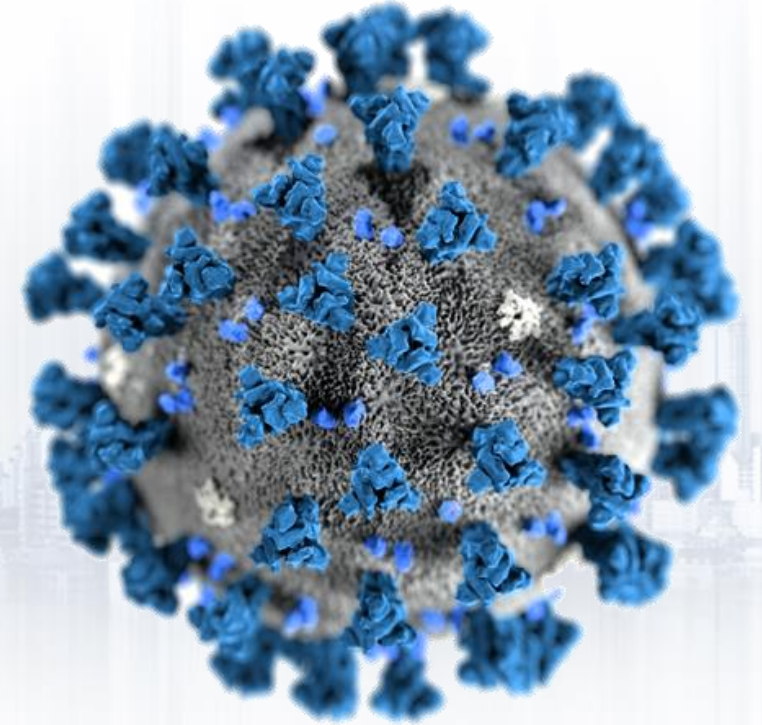
- The role of the Amygdala as a warning system
- Survival Circuitry and the impact on the Cortex
- A message of Empathy and Compassion for Leaders





# The Business Post Traumatic Syndrome (BPTS)

- Post Corona – **transition** period. The challenge in business not the Corona phase. It's after Corona.
- How is this affecting **long term** Strategic Thinking? Confidence in Decision Making? And Teamwork?



## Signs of BPTS

- Negative Thoughts and Feelings
- Distorted Beliefs about oneself or others
- Ongoing Fear or Anger
- Deep sense of Guilt for having to let team members go
- Deep sense of Shame for not being successful



# Signs that your Business is experiencing BPTS

- What are the signs that your business is going through Trauma?
- What are the signs that Leadership in your Business is going through Trauma?
- What are some of the coping characteristics you are seeing in your team members?
- Who is showing more Resilience?
- Who is showing more signs of Withdrawal?



# Treatment Recommendations

- Prepare your Psychological First Aid Kit
- Recognize and help others recognize that Businesses don't always work
- Start real Conversations
- Focus on Facts
- Make both long-term and short-term plans
- Create a new Social purpose for your Business




# Building Leadership Skills for the Future


- What Skills have emerged through the Crisis
- What Leadership Skills are required for the Future
- Managing your changed Leadership Persona


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## Thank You


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# References and Interesting Reads

- Guest Speaker: Sarah-Jayne Clark, Trauma Therapist, NHS London
- <https://academic.oup.com/occmed/article/63/3/175/1413569>
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