



Dear Alumnae,

Greetings from Turin! Today, more than ever, we hope that our [fourth alumane update](#) finds each and all of you well.

Our “[circles of concern](#)” are widened by a pandemic that threatens the health and wellbeing of our families, our teams, our communities and the most vulnerable groups in our still divided societies. [What is asked of us in this time of uncertainty and fear?](#) As we look for individual and collective meaning in a period that invites us to question our certitudes, we have gathered a selection of reflections, tips, resources and activities to ensure that our leadership energy is re-focused on our “[circles of influence](#)” - whatever these might look like today.

The update opens with a message dedicated to the alumnae community by [Ruby Sandhu-Rojon](#), Deputy Special Representative for West Africa and the Sahel: a timely reflection unpacking [5 key lessons about leading in times of crisis](#) drawn from her professional experience during the 2014 Ebola outbreak.

As the pace of change quickens in emergency situations, the sense of messiness is multiplied. Nonetheless, we are reminded by adaptive leadership theories to resist the temptation of denying uncertainty as this might treasure some important lessons for leaders. To look closer at this leadership paradigm, we invite you to explore [what can be learnt about effective leadership from the art of jazz](#).

And if uncertainty is a prominent characteristic of our times, we like to look at the always inspiring insights of this alumnae community. The [Petra Schwager's story](#) and [Marina Novachuk's leadership statement](#) suggest us some powerful personal pivot to organise our leadership efforts and navigate complexity with greater alignment. In times of crisis, let's not forget to engage in healthy [practices to enhance our wellbeing, connect with our values and breath into it!](#)

Finally, at the end of the update, you will find three [resources that might be helpful in boosting your leadership readiness in the present circumstances](#): an activity to monitor your wellbeing, a guided five-step reflection to look at your leadership influence and a talk on how to be your best self in times of crisis.

We hope that this update will hearten your most valuable leadership efforts.

With kind regards,

The Programme Team

LEADERSHIP IN TIMES OF CRISIS



A MESSAGE TO THE LEADERSHIP, WOMEN AND THE UN ALUMNAE COMMUNITY: _REFLECTIONS ON WOMEN LEADERSHIP IN TIMES OF UNCERTAINTY

To support the leadership readiness of the alumnae community of the Leadership Women and the UN, Ruby Sandhu-Rojon, Deputy Special Representative for West Africa and the Sahel and cherished member of the programme faculty has drawn from her past experience.

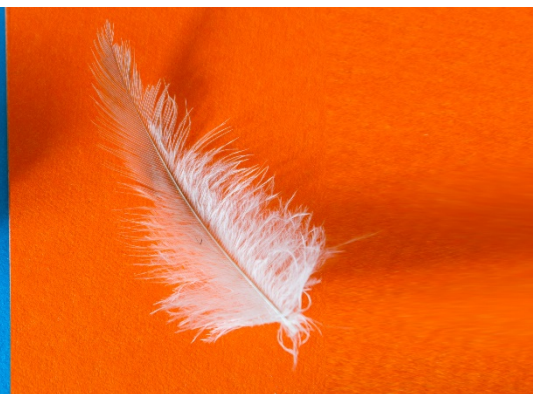
Enjoy engaging in her touching story and relating her four solid tips on your experience in leading in times of uncertainty by reading the [full post on UNSSC blog](#).

LEADING THE SELF AND THE TEAM IN TIMES OF UNCERTAINTY



INSPIRATION FROM JAZZ_

When our certitudes crumble, and unexpected circumstances force us into new way of working, [how can we tap into creativity to elevate our team leadership?](#) Explore the reflections of Frank Barrett, accomplished pianist and management scholar, it in this [summary of his book 'Yes to the Mess: Surprising Leadership Lessons from Jazz'](#). You may wish to play your favourite songs and turn the volume up while unpacking how - in times of uncertainty - [maintaining a mindset of “affirmative competence”](#) could help us elevate choices, actions and collaboration to invent new responses!



COMMUNITY STORY: STAY ENERGISED WITH PETRA'S YOGA SEQUENCES - NAMASTE!

We are pleased to share the story of alumna [Petra Schwager](#), Senior Industrial Development Officer (UNIDO), and Certified Yoga Teacher (RYS 200, Yoga Alliance): an inspiring example

of the multidimensional leadership nature of this community!

In June 2019, the five-day residential phase of the Leadership, Women and the UN programme unfolded for Petra as a journey of inspiration, human connection, and new inputs on leadership and change. The transformational impact of the programme was deepened by the learning acquired during a yoga boot camp that she was attending in parallel.

The many points of [connection between the concepts explored during the programme and the paradigms experienced during her yoga practice](#) lead to an exciting idea: a tailor-made five-day yoga sequence for the new cohorts joining the programmes in 2020. [The idea turned into a project](#). But, as we were finalising the design of daily yoga sessions interrelated with the different topics of the programme, the COVID-19 emergency struck Italy and gradually the rest of Europe. We postponed the first edition of the programme, and so the piloting of the novel project.

In the meanwhile, Petra has created [new yoga sequences](#) and virtual classes to support us going through these trying times of transformation, with energy and strength. If you are interested to know more about it, please contact her at inspire.yogap@hotmail.com.

YOUR LEADERSHIP STATEMENT



What does leadership mean to you? The statement of [Marina Novachuk](#) brings us back to our values. By being open and consistent in the way we organize our behaviours around certain core values, we can achieve greater [professional and personal coherence](#), create a [sense of meaning](#), and facilitate [understanding for ourselves and others](#) along our leadership journeys.

YOUR LEADERSHIP IN ACTION

MANAGE YOUR ENERGY

The present conditions have overturned plans and created unforeseen situations. They have caused concern and anxiety and forced many of us into new working arrangements. As the boundaries between our personal and professional dimensions are getting more blurred, [find here a three steps activity](#) to [monitor your wellbeing](#) and ensure that your energy supply is not depleted. This activity was introduced in our previous booster webinar for the Alumnae Community.

FOCUS ON YOUR SPHERE OF INFLUENCE: REDEFINE YOUR ROLE

Certain jobs have acquired even more significance and meaning, and society is relying more than ever on specific services. We may not be in one of these professions, but it is still important to [focus on our personal sphere of influence](#) and understand how, from our positions and with our unique strengths, we can best contribute to serving humanity. Engage with a [five-step guided reflection moment](#) to relook at your role and title through a different perspective.

HOW TO BE YOUR BEST SELF IN TIMES OF CRISIS

Dr Susan David is best known for her work on Emotional Agility - "a process that enables us to navigate life's twists and turns with [self-acceptance](#), [clear-sightedness](#), and [an open mind](#)." [Access here a timely and inspirational virtual conversation](#), where she shares her insights and wisdom on how to build resilience, courage and joy amid the coronavirus pandemic.

LEADERSHIP, WOMEN AND THE UN IN 2020

THE ALUMNAE COMMUNITY IN 2020

As what makes this initiative valuable and unique are your insights, [we would like to invite you to share stories, reflections and resources](#) that you feel could benefit colleagues across the UN system and contribute to the renewal of our leadership paradigms in this tumultuous time. Please contact Georgiana Ward-Booth at g.ward-booth@unssc.org. We will support you in the process of drafting a blog post, or co-creating a dedicated community booster webinar around the key leadership messages emerging from it.

THE PROGRAMME IN 2020

As you can imagine, due to the situation around COVID-19, we are looking into alternative delivery options for the [Leadership, Women, and the UN Programme](#), including re-scheduling the face-to-face programme dates and exploring blended and virtual programming formats. Our priority is the safety and health of all UN staff and partners; nevertheless, we remain committed to ensuring your continued learning and development. We look forward to sharing with you updated programme dates at the earliest.

Thank you very much for your continued engagement!

With warm wishes and regards.

