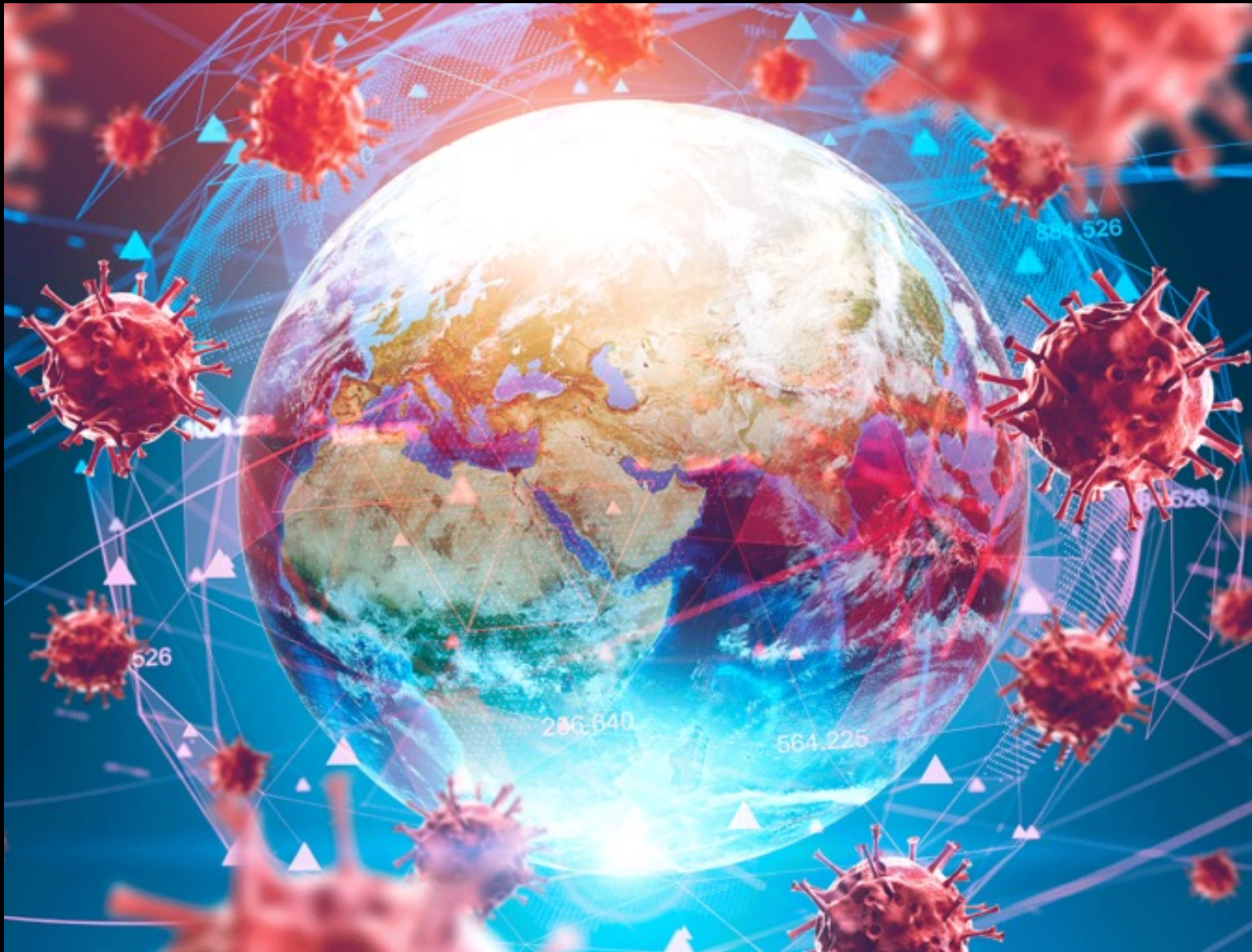


*The Resiliency Within*

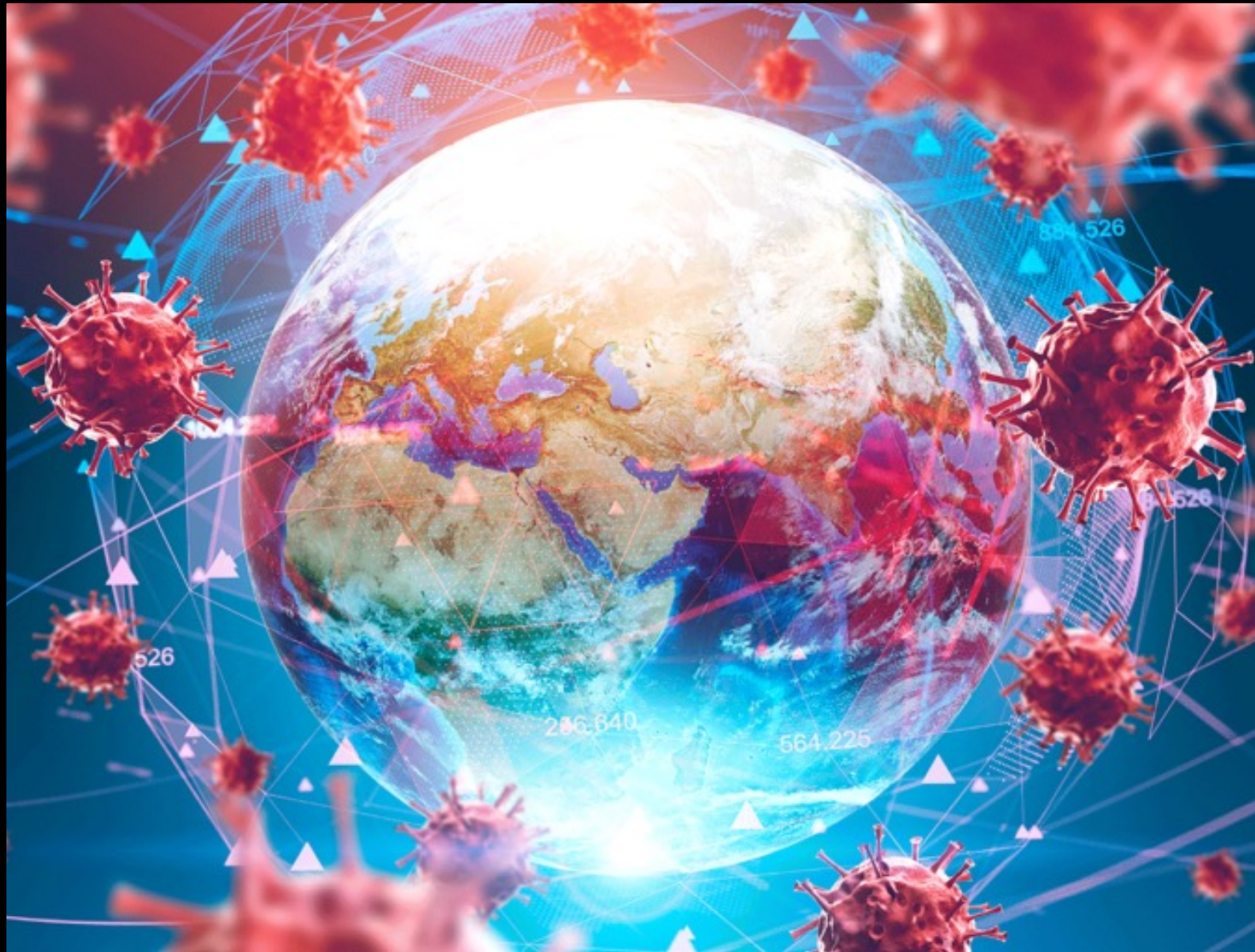
*Lessons Learned from  
COVID-19 Pandemic*

Dr. Kayihura Manigaba,  
(Coach Dr. K)





# COVID-19 Pandemic



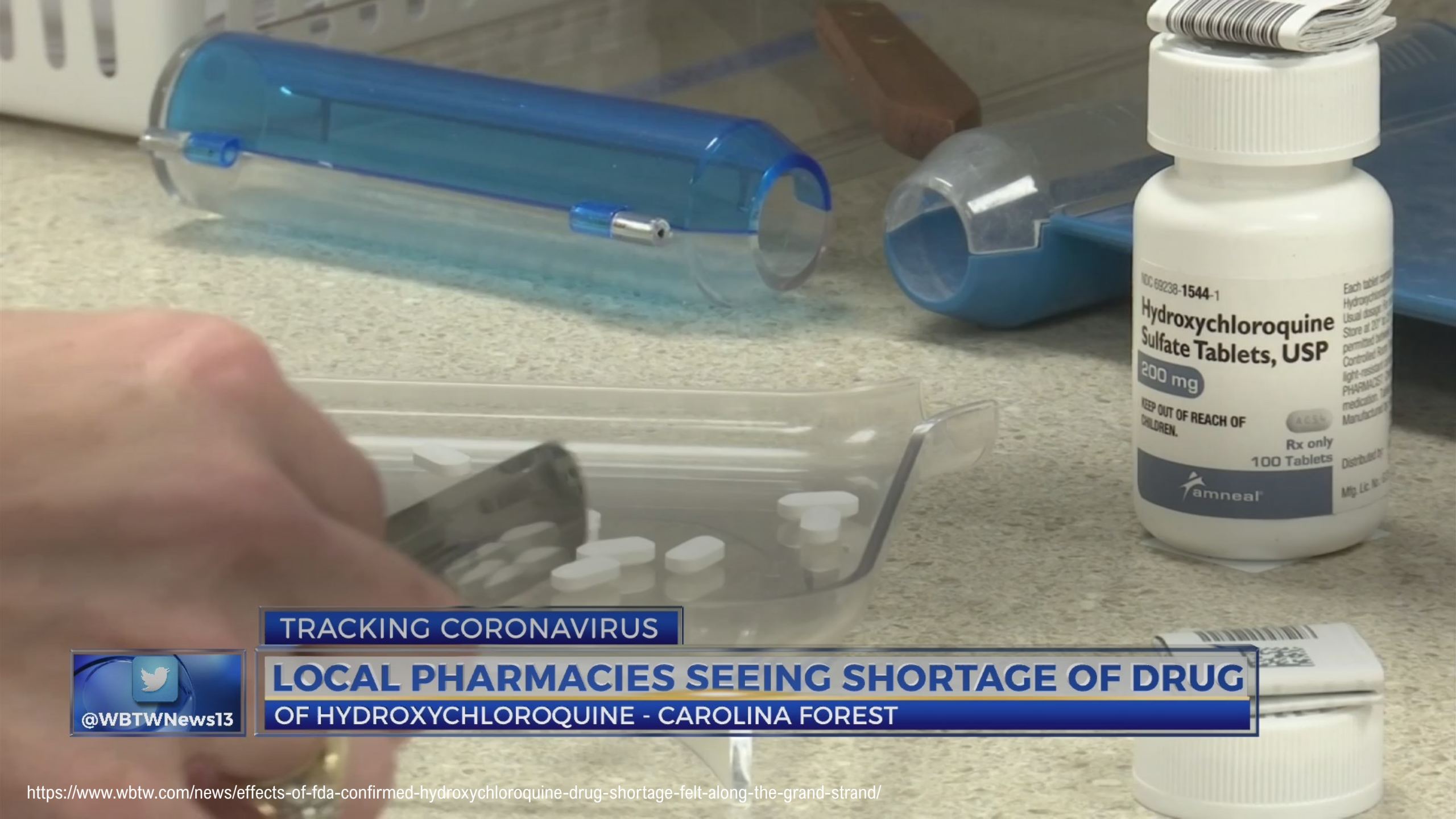
# Lesson 1: Pandemic Sucks



James Gregg, Austin American-statesman



Mario Tama, Getty Images



TRACKING CORONAVIRUS

**LOCAL PHARMACIES SEEING SHORTAGE OF DRUG  
OF HYDROXYCHLOROQUINE - CAROLINA FOREST**





KEEP  
CALM

AND

RISE TO

THE OCCASION

*Lesson 2: We are Still Here*

**" We are in this together  
– and we will get through  
this, together. "**

UN Secretary-General António Guterres

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#coronavirus

*Love Got us out of The Pandemic*





A scenic landscape featuring a paved road leading towards snow-capped mountains under a cloudy sky. The road is dark asphalt with a dashed white center line and solid white edge lines. The surrounding terrain is a mix of green and brown grasses. The mountains in the background are rugged and covered in patches of snow, with a blueish tint to the sky and the overall scene.

*Lesson 3: We Still Have Work to do and  
the World is Counting on everyone to do  
their Part*

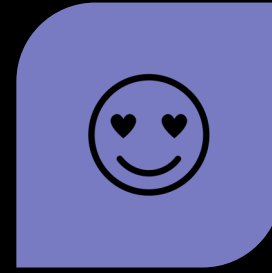
*What do  
We do  
Now?*



Do more of what  
Works

Stop what doesn't work

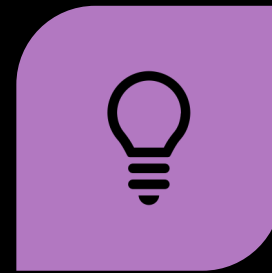
# 4 Pillars



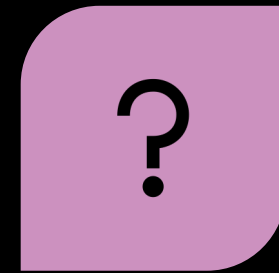
LOVE



WORK

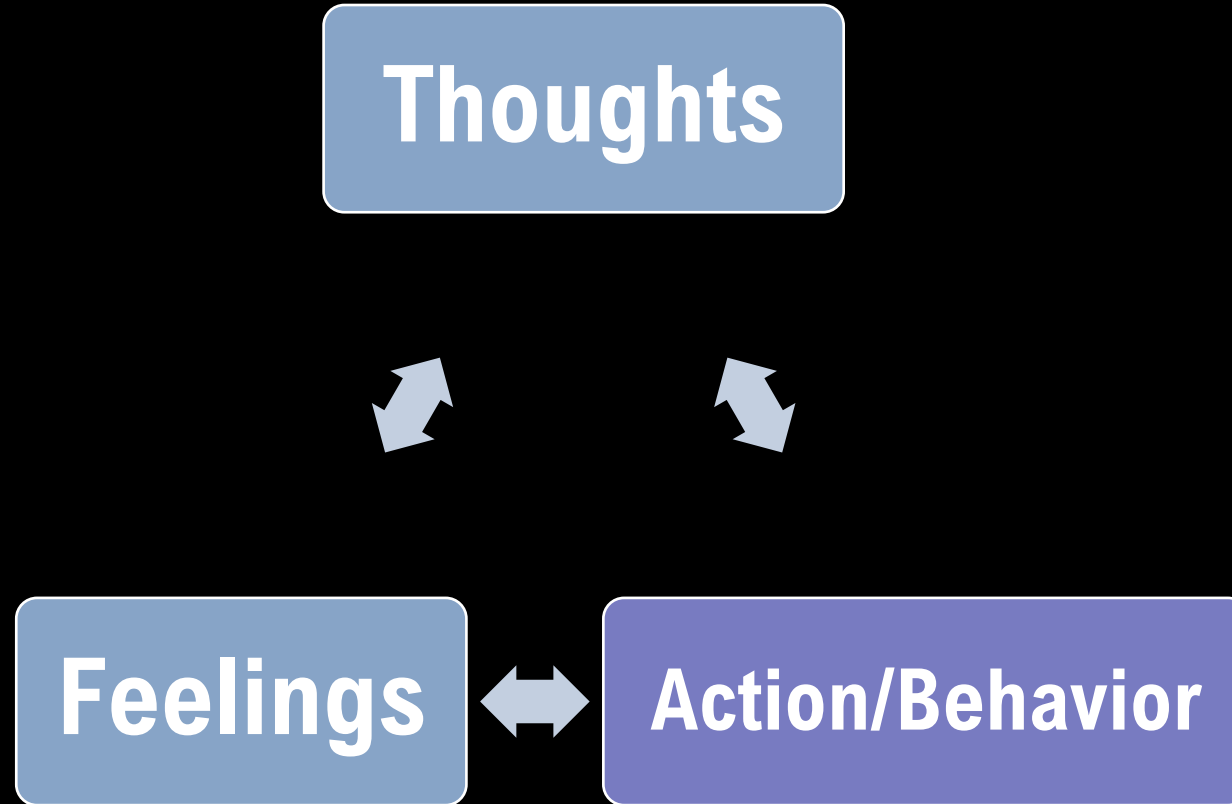


COURAGE



CURIOSITY

# Cognitive Triangle



**Results**

```
graph TD; Results[Results] --> Action[Action]; Action --> Momentum[Momentum]; Momentum --> Results;
```

**Action**

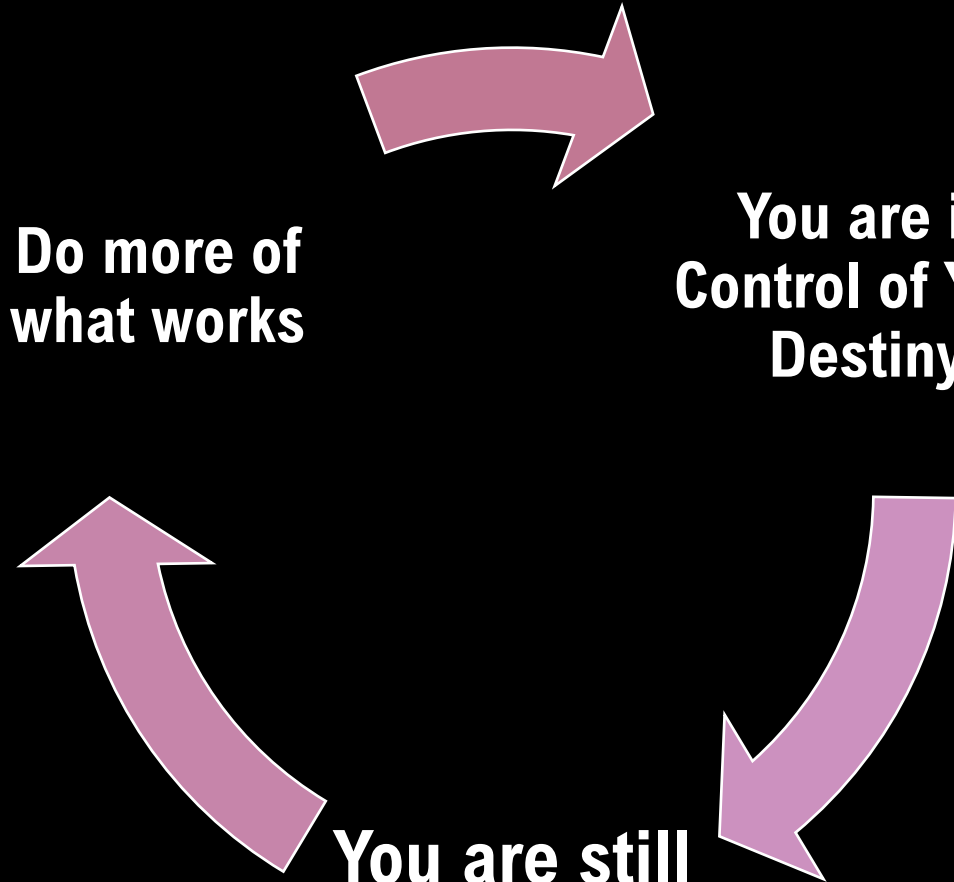
**Momentum**

*Lesson 4:  
You Find  
What You are  
Looking for*

**Do more of  
what works**

**You are in  
Control of Your  
Destiny**

**You are still  
here**



*The Resiliency Within*

*Lessons Learned from  
COVID-19 Pandemic*

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