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## How to Combat Zoom Fatigue

Why do we find video calls so draining? There are a few reasons. They force us to focus more intently on conversations in order to absorb information. We're continuously asking loved ones not to disturb us, and for those who don't have a private work space, it is especially challenging. Here are five tips to help make video calls less exhausting...

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Lessons from Leaders - In-depth Profiles

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## Dan Hesse Says Shackleton Is The Model For Pandemic Leadership

Many business leaders are in the process of leading their companies through an extremely difficult time. I interviewed Dan Hesse about his leading Sprint through a massive crisis to see if there are lessons that could be learned from his experiences...

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Coaching Corner – Joel's Article of the Week

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## Quarantine Stereotypes

Love 'em or hate 'em, we all know 'em. I think we can all relate. Which stereotype are you and your friends and family?

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Career Central - Tips for Career Changers

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## 7 Tips For How To Job Search During The Coronavirus Pandemic

Whether you had been planning far in advance to reassess your career this year or if your job has suddenly become unstable because of coronavirus, you're probably asking yourself the same question - is it even possible to find a new job right now? The short answer is yes, it is still possible...

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Joel In The News - Interviewed by Top Media Outlets

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## A Conference Call in Real Life

With so many of us turning to video meetings during this pandemic, here is a bit of video humor that is all too accurate and relatable to us all...

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### Upcoming Speaking Engagements

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IMS-Overland park Convention Center  
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### Current Executive Coaching Engagements



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- **Paternity Leave:** Around the world, fathers have limited to no paid paternity leave. 19% report having 2 weeks or more while 36% report below 2 weeks and 39% with no leave at all. Leaving 6% with unpaid paternity leave. (Reddit)
- **Negative impacts:** 33% of employees said a lack of open, honest communication has the most negative impact on employee morale. (Accountemps)

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**"Press on: nothing in the world can take the place of perseverance. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent." ~Calvin Coolidge**

**"'May the Force be with you' is charming but it's not important. What's important is that you become the Force - for yourself and perhaps for other people." ~Harrison Ford**

Books Authored by Joel A. Garfinkle

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