

NOV/DEC | ISSUE #5

capelle LIVES

ENTERING A NEW PERSPECTIVE

There is a saying that “the only constant is change.” This was certainly evident in the last 2 years, and accelerated especially in 2022 as we transit and adjust into the state of endemic. For many of us, we were forced to move out of our comfort zones and structured routines to unfamiliar territories, embarking on things that we never imagined ourselves doing, and fulfilling dreams. We took on new responsibilities, picked up new skills, started a new hobby, planned new diets, and maybe even adopted a new pet. All these, we deserve a pat on our shoulders!

As we transit, there will be new excitements, as well as, challenges that await us; may we be prepared to enter the new year with a new perspective on a new mindset to build a new foundation.



Transiting into the New Year...

- What will you *leave behind* to move forward?
- What needs to be *added* to help you better move forward?
- What would you need to stay focused?



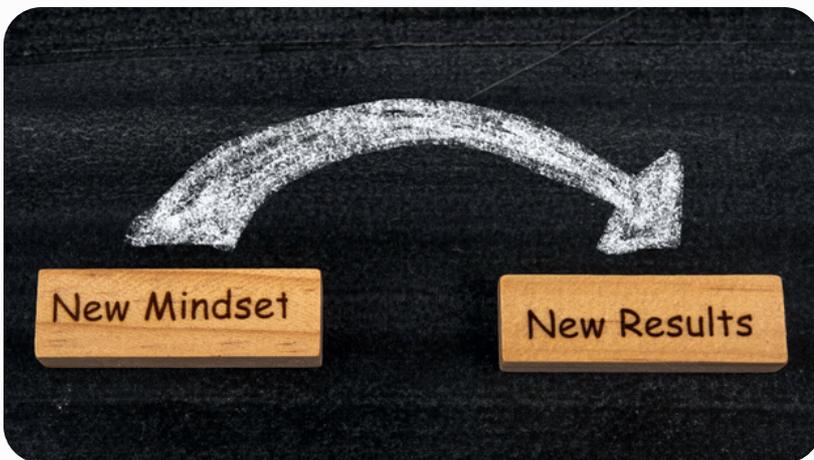
INSIGHTS

A New Foundation



The Covid-19 pandemic was a rude shove that caused our working lives and routines to crash, and we scrambled to adapt, but also discovered new ways of living along the way. As we transit into learning to live with Covid-19, we now need to ask ourselves what new-found values we must build to create better outcomes.

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INSIGHTS

A New Mindset

When Capelle facilitated a dialogue centering around loneliness at work for a group of professionals from diverse backgrounds, the conversations were interesting, and the concerns raised were not unexpected. The need of fitting in and wanting to belong surfaced as the underlying tone of the sharing sessions.

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