

On 14 October 2020, keynote speaker Adam Grant, organizational psychologist and leading expert on finding motivation and meaning, provided tangible steps and resources to better navigate these challenging times. The good news: the pandemic has reinforced the resilience of the human spirit and post traumatic growth tends to bounce us forward! That said, burnout is contagious, which makes communicating feelings and taking mental breaks of paramount importance. *Resources mentioned during the live interactive exchange included below.*

### Resources

To learn more about Adam Grant, his work, and latest news, visit [Adam Grant's Website](#).

- **Burnout is Everyone's Problem:** a [TED talk](#) with Adam Grant
- NASA astronaut Scott Kelly, who spent nearly a year in space, shares **tips on isolation** in the article, [Isolating in Space](#).
- **When the present is unpleasant**, read more about Adam's thoughts on how it helps to think ahead to the future and back to the past. To [Build Resilience in Isolation](#), Master the Art of Time Travel.
- [Time Confetti](#), a phenomenon which amounts to **little bits of seconds and minutes lost to unproductive multitasking, can be managed**. Brigid Schulte author of *Overwhelmed: Work, Love, and Play When No One has the Time* shares insights to success.
- The need for a **safe psychological space** is paramount and unique to each individual. Read more in a book called [The Fearless Organization](#) by Amy C. Edmondson on Creating Psychological Safety in the Workplace for Learning, Innovation, and Growth.
- To learn about the **world's most successful organizations** and what makes them tick, read the [The Culture Code](#) by Daniel Coyle.
- [A Whole New Mind](#), by Dan Pink, challenges readers to **think daringly and provocatively as a necessary skill** to excel in a future that's already here.
- David Epstein, author of [Range](#), challenges the idea of believing in a single path to excellence.

[www.COVIDAdvocacyExchange.com](http://www.COVIDAdvocacyExchange.com) | [#AdvocacyExchange](https://twitter.com/AdvocacyExchange)

**Volunteering during COVID:** The GRANTED Givitas Community was created by Adam Grant to exchange help, resources, connections ideas and advice. Topics include work, life, work-life balance, and psychology. To learn more visit [Givitas Communities](#)

One can learn more about devoting time to good causes virtually. Additional sites to visit include [CareerAddict](#), [Idealist](#), and [DoSomething.org](#).

### Featured Speakers

*Click on panelists name for LinkedIn profile if available*



**Adam Grant**  
Organizational Psychologist at Wharton, Best-selling author



**Chris Boerner**  
Bristol Myers Squibb  
Chief Commercialization Officer  
Moderator