

Don't Waste a Good Recession

Webinar #4
09.04.2020

Jacob Aldridge
International Business Advisor



[Facebook.com/groups/GoodRecession](https://www.facebook.com/groups/GoodRecession)

**Don't
waste
a good
recession.**

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Welcome!



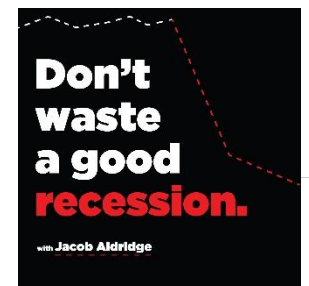
Hi, I'm Jacob. That's me – I'm a couch!

Right now we're starting with a guided meditation.

Close your eyes and join in.

I'll open the floor to your agenda (and mine) in <3 mins.

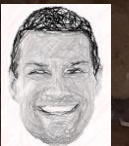
Please use 'Chat' to say 'Hi'!



YOU'RE
PHO-KING
AWESOME

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Snapshot 10.04.2020

Coronavirus	Cases	Deaths	Case Change (last wk)
UK	60,733	7,097	106%
USA	435,160	14,797	102%
Australia	6,104	51	19%
Global	1,529,961	89,426	63%

Source: www.worldometers.info/coronavirus/coronavirus-cases/

Unemployment		Change (5yr low)	Change (last mth)
UK [Jan '20]	3.90%	-0.10%	-0.10%
USA [Mar '20]	4.40%	-0.90%	-0.90%
Australia [Feb '20]	5.10%	-0.20%	-0.20%

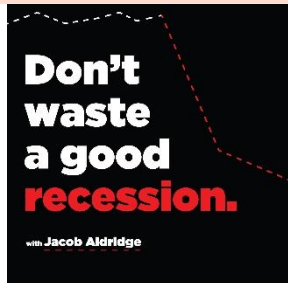
Source: www.tradingeconomics.com/united-kingdom/unemployment-rate/
www.tradingeconomics.com/united-states/unemployment-rate
www.tradingeconomics.com/australia/unemployment-rate

Markets	Current	Drop Since Peak	Drop Already To Previous Low
FTSE	5,725.00	-25.91%	47.50%
DJI	23,433.57	-20.75%	26.56%
ASX 200	5,387.30	-25.15%	44.30%

Source: Yahoo! Finance FTSE Peak 7,727.50 Low 3,512.09
 Dow Jones Peak 29,568.57 Low 6,469.95
 ASX Peak 7,197.2 Low 3,111.7

GDP Growth	March Qtr	December Qtr	September Qtr
UK	???	+ 0.0%	+ 0.5%
USA	???	+ 2.1%	+ 2.1%
Australia	???	+ 0.5%	+ 0.6%

Source: www.tradingeconomics.com/united-kingdom/gdp-growth/
www.tradingeconomics.com/united-states/gdp-growth
www.tradingeconomics.com/australia/gdp-growth



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Respond!

(priorities w/c 12.04.2020)

1. Review the month that was!
2. Self Care Routines and Responding to Fear

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Respond!

(priorities from webinars #1-#4)

1. **Coronavirus Policy**
2. **Work from home plan**
3. **Team Communication strategy**
4. **Cash Flow forecast**
5. **Your Self Care plan**
6. **Existing Client Plan**
7. **Changing Sales**

8. **Exiting Team Members**
9. **What do your Clients need now?
(Product Change)**
10. **Who are the Members of
your 'War Cabinet'?**
11. **Self Care Routines and
Responding to Fear**

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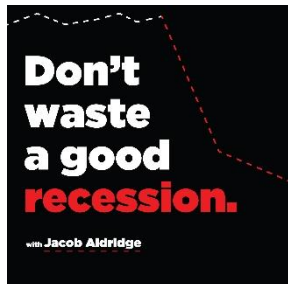
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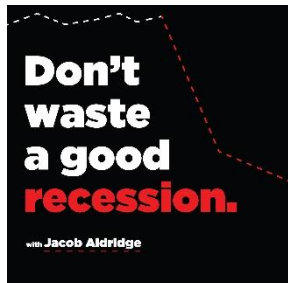
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The Economic Cycle Emotions



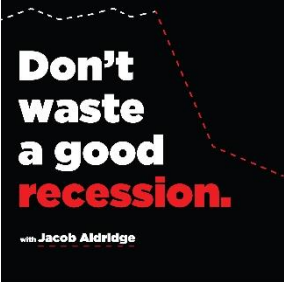
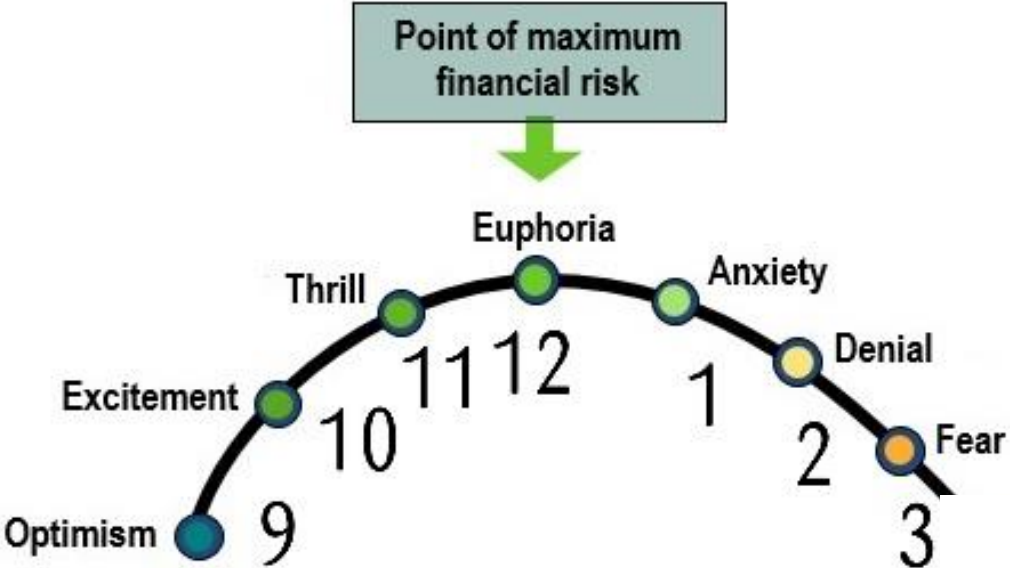
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The Economic Cycle Emotions



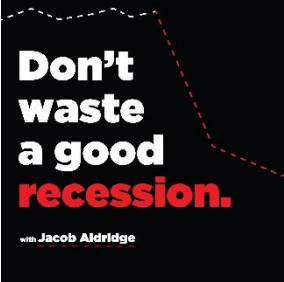
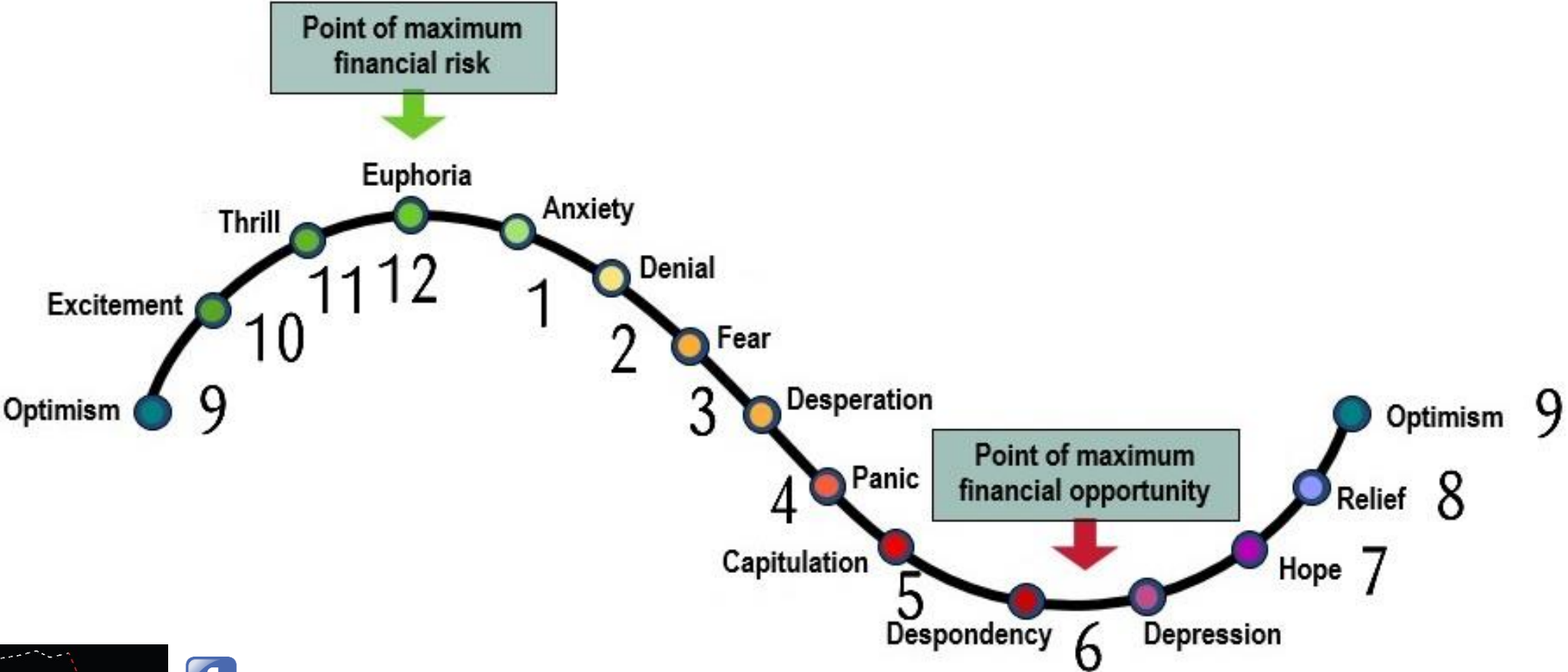
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The Economic Cycle Emotions

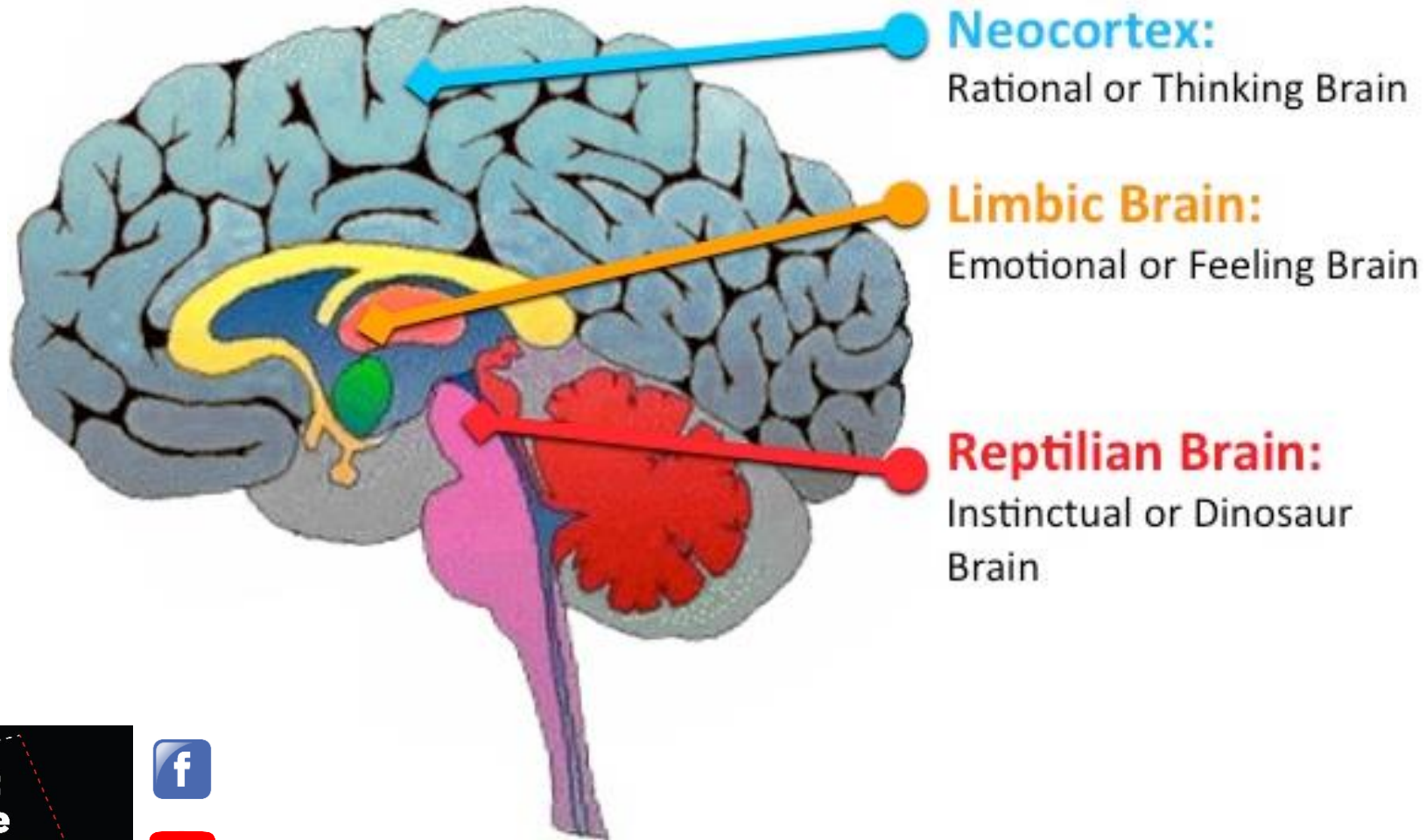


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The Economic Cycle Emotions



Triune Brain



Neocortex:

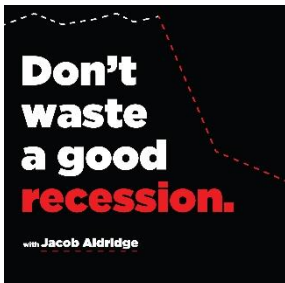
Rational or Thinking Brain

Limbic Brain:

Emotional or Feeling Brain

Reptilian Brain:

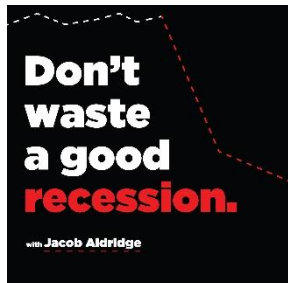
Instinctual or Dinosaur Brain



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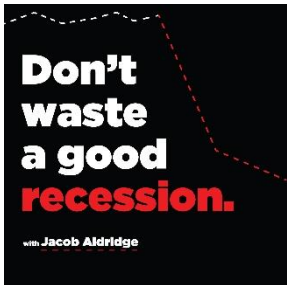
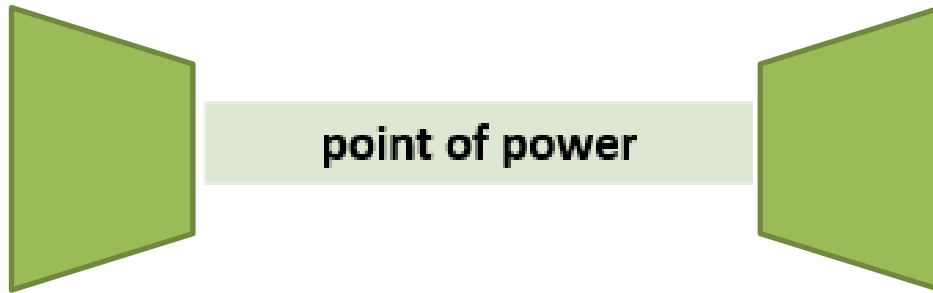
Future Expectations Appearing Real

PAST	PRESENT	FUTURE
over	point of power	yet to be created
<i>Coulda, Woulda, Shoulda</i>	<i>Make Choices in the Present Moment</i>	<i>Some day, One day, When...</i>



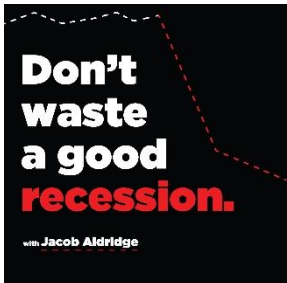
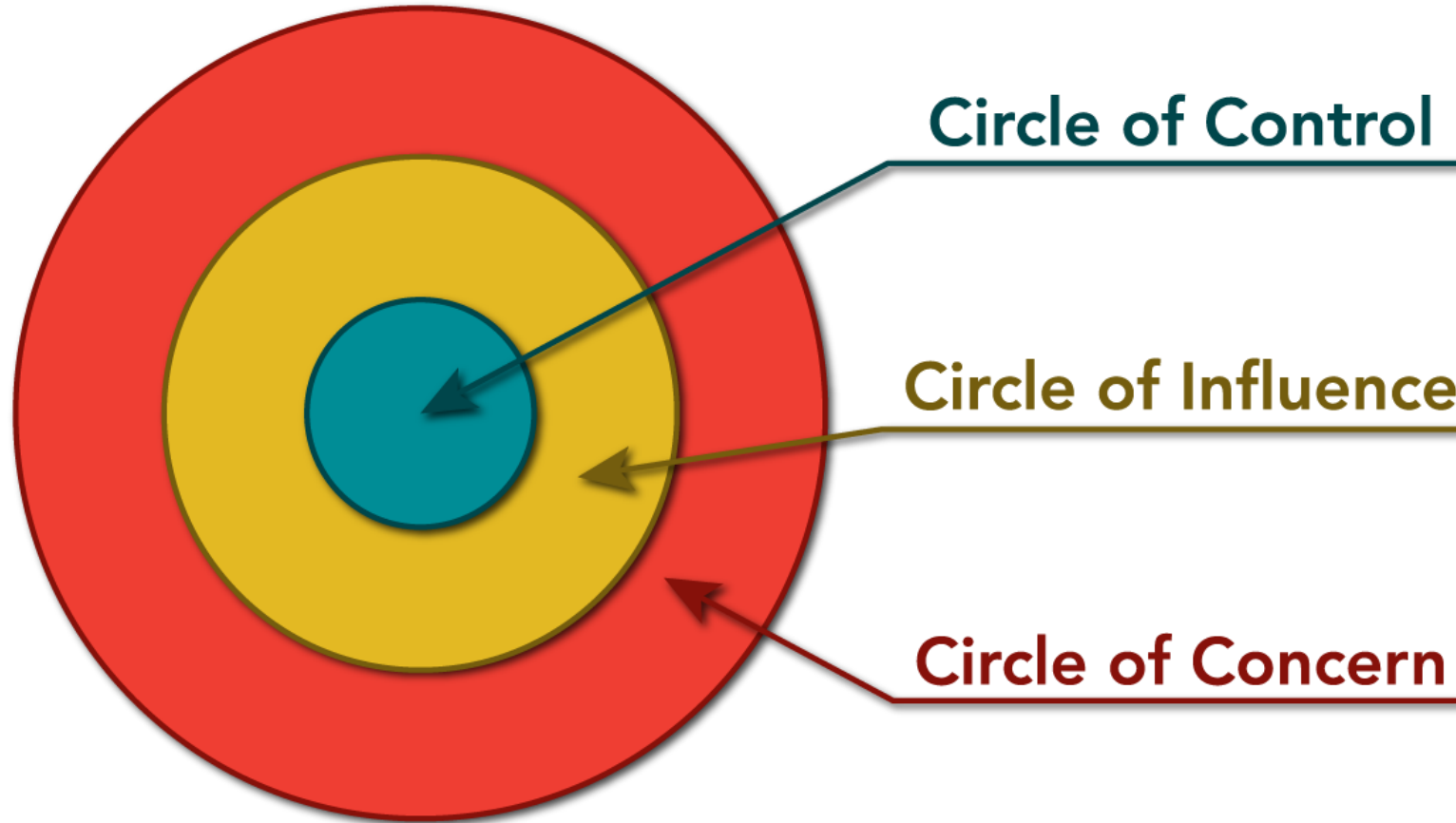
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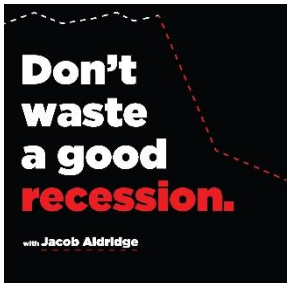
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Who do I want to be during a Pandemic?



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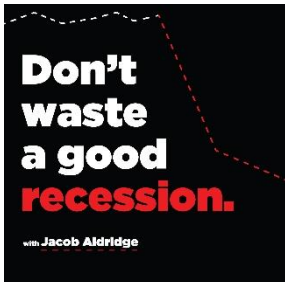
Thanks 'Sublime Your Time' for the cool graphics

<http://www.sublimeyourtime.com/2014/11/09/zone-control/>



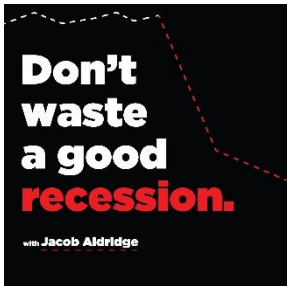
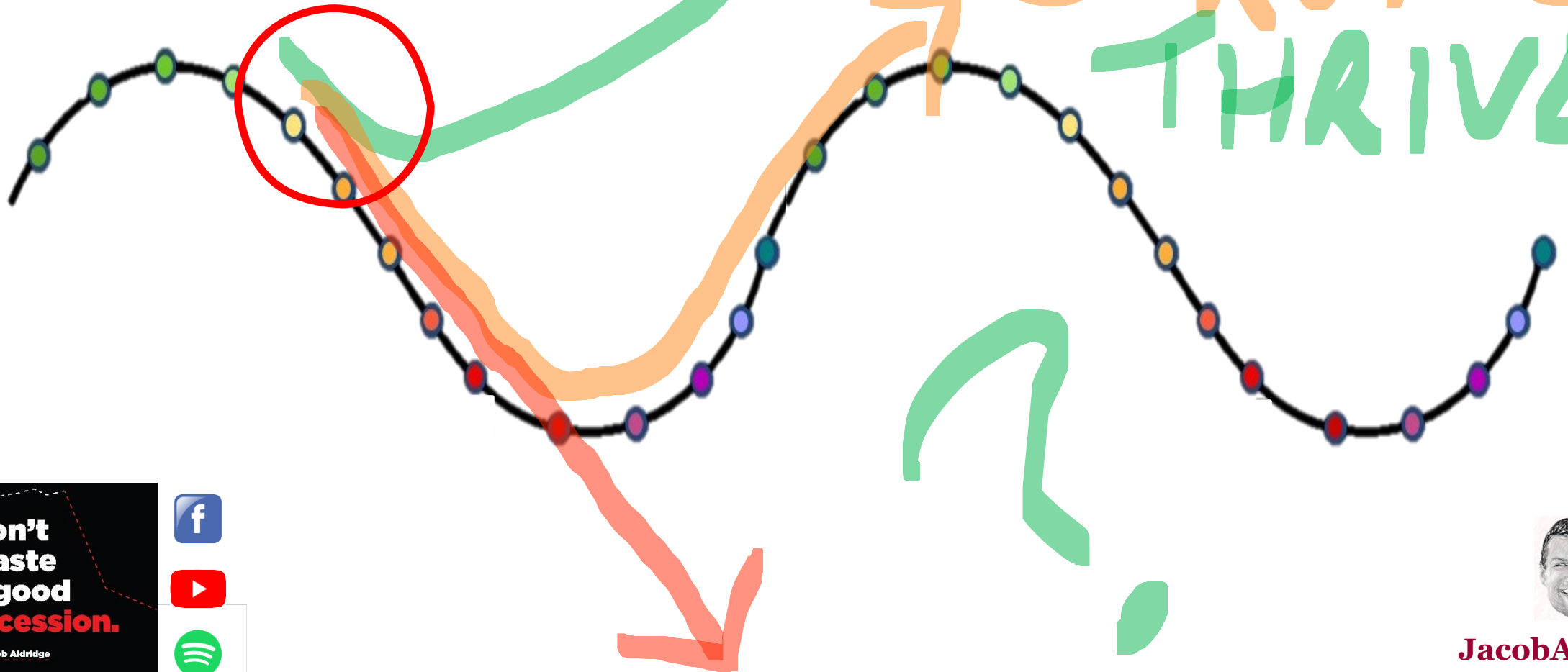
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Who do I want to be during a Pandemic?



How About Your Journey?

DIVE
SURVIVE
THRIVE



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What's Different?

EMOTIONS

INVESTMENT

DIVE

Ignore

Stop

SURVIVE

React

Down Low
Too Slow

THRIVE

Acknowledge
& Let Go

Strategic,
Ongoing



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Respond!

Self Care Plan

Write in my journal what is going on and what I am GRATEFUL for

Meditate

Use my Angel Cards

Have a warm bath or shower

Swim at the beach

Exercise, even just an easy walk or yoga

Go to the Sauna

Get a massage

Listen to music

Look at my vision board and revisit what I am choosing to create in my life

Watch inspiring you-tube clips

Listen to a podcast

Sleep/rest

Take a few deep breaths to clear/still

Scream or punch into a pillow

Read a book

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Questions?

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