



- Ann: Baking with my youngest child and whānau walk with the dogs  
Dianne: early to bed and up at 6am!  
JennyB: Waking up at a reasonable time  
Jeremy Leslie: Writing every day  
Chloe Barnes - WCC: Also have a jigsaw puzzle on the go all the time  
Kim Chambers: I have a jigsaw on the go too - love it!  
Chloe Barnes - WCC: :)  
Anna from WCC: I have jigsaw ambitions :)  
Ben Thrupp - WCC: I enjoy drinking beer - We'll get along  
Digby Scott: Hear hear Ben!  
Antonia Milkop (MBIE) awesome CM!:  
my hubby also brews (at occasional brewer usually), but I LOVE being the taste tester :)  
Chloe Barnes - WCC: Jeremy, what habits or changes do you want to keep when we leave lockdown  
Gillian: #ERROR!  
Antonia Milkop (MBIE) awesome CM!:  
how do you structure your writing? or is it just free flow?  
Katie Hair (MCH): I loved the connection with 'belonging' - and it not just about work, it's alignment with how that can play out at home too  
Antonia Milkop (MBIE) awesome CM!:  
yeh, agree @Katie. "belonging" to our own values as well as our people we connect with  
Digby Scott: You can find those blogs at [jeremyleslie.co.nz](http://jeremyleslie.co.nz)  
Antonia Milkop (MBIE) awesome CM!:  
are the analytics or your blogs changing over this time? (i.e. who's engaging with it?)

Antonia Milkop (MBIE) awesome CM!:  
\*of your blogs

Kim Chambers: Morning Lisa! :-)

Ben Thrupp - WCC: I like that attitude Lisa :)

Digby Scott: "Why should I be worried? What's that going to achieve ?" Great approach Lisa.

Chloe Barnes - WCC: I love that! relatable

Kim Chambers: Big piece of cardboard lots of fun downhill

Jeremy Leslie: @Chloe and Gillian - I've also restarted the engine on meditation, and my trail running has made an inglorious return to my life but man I love being out there (within a 2km radius of home! :))

Antonia Milkop (MBIE) awesome CM!: wow, that is so focussed and present <3

Ana (WCC): Enjoying the present moment :-)

Digby Scott: 100% present

Dianne: awesome, present in the moment

Antonia Milkop (MBIE) awesome CM!:  
you are TOTALLY getting it!!

Antonia Milkop (MBIE) awesome CM!:  
living to your true authentic self

Jeremy Leslie: @Antonia - it hasn't changed heaps. In fact, I dialled back at one stage because I noticed a drop off and wondered if I was overdoing it.

Dianne: LOVE IT!!!!

JennyB: Great colour chart! love it!

Ana (WCC): Love your colour chart!

Jonelle du Pont WCC:  
really cool!

Antonia Milkop (MBIE) awesome CM!:  
can you list those colour codes again (they're awesome!!)

Gillian: Lisa, can you share a photo of your colour chart on Slack? It's brilliant!

Anna from WCC: Agree - seems like a kinder way than a schedule

Antonia Milkop (MBIE) awesome CM!:  
@Gillian , good idea

Antonia Milkop (MBIE) awesome CM!:  
@Lisa , it's like a balm listening to you!

Anna from WCC: I have another meeting at 9am, thanks for the virtual touchstone everyone.

Ana (WCC): What you have been sharing Lisa resonates with me

Katie Hair (MCH): Nice Lisa! and thanks also Jeremy. I have to go team. thanks for the friday inspiration xx

Chloe Barnes - WCC: please excuse this pregnant lady for a mo - toilet break haha!

simmon2l: I am to run to another meeting. Thanks Jeremy!

Kim Chambers: By folks, late for a 9am. Thanks for all the awesome insights!

Gillian: Antonia and Jenny, you are kindred spirits!!!!

Jonelle du Pont WCC:

yeah agree, loving being able to just get on with things

Jeremy Leslie: How do you reckon we can keep the autonomy engine running?

Digby Scott: Totally freeing. How can we remove some of the red tape for the long term?

Karin Thomas (MBIE): Yes agree - we are doing work on what we want to keep so how do we do as an org?

Chloe Barnes - WCC: I love it! 'Sod it' is a great attitude

Digby Scott: Sod it - so English :-)

Ana (WCC): The freedom to just get on with it :-)

Dianne: great opportunity to shine..

Karin Thomas (MBIE): Good for people to see that things don't fall over when we give things a go

Digby Scott: Choose you hang out with, right?

Gillian: Renee Jaine, someone who used to be in CMs, wrote an awesome blog about how we need to be careful about who we spend time with. She talks about behaviour being viral and infectious, not just Covid-19

Lisa: Thanks Gillian will look that up

Karin Thomas (MBIE): Being focussed on what needs to be done. And reminder people of what we achieved in lockdown so why would we go back

Dianne: re-writing the rule book to help shape your 'new normal' of the future

JennyB: Love that Gillian

Gillian:

<https://collectivewisdomnz.wixsite.com/blog/post/human-behaviour-is-contagious-so-what-are-you-spreading>

Chloe Barnes - WCC: Antonia, do you consider yourself an introvert or extrovert?

Digby Scott: Ambivert.

Digby Scott: Not bambivert.

Ana (WCC): I am a ambivert :-)

Lisa: Me too Ana

Lisa: as it turns out :D

Ben Thrupp - WCC: I agree, I always thought I was an extrovert however, I'm isolated by myself I've realised have really enjoyed the peace

Karin Thomas (MBIE): I am a big extrovert so lockdown is a big struggle for me - and both the people in my bubble are introverts ....

Digby Scott: Remind yourself "you have the power"

Lisa: great 80s song :D

Gillian: I have to connect beyond my bubble too Karin. The extrovert time I spend is the stuff that re-energises me most. I make sure the people I connect with beyond my bubble are varied to help remind me of the bigger, wider world beyond my bubble

Digby Scott: Great TED Radio hour on Changing The World, including Angela Oguntala on how we all have power.  
[https://www.npr.org/programs/ted-radio-hour/711192901/changing-t  
he-world](https://www.npr.org/programs/ted-radio-hour/711192901/changing-the-world)

Chloe Barnes - WCC: Setting boundaries is super important. Our team is renegotiating hours, everyone is finding a different rhythm. morning people v non-morning people is a real tension!

Jonelle du Pont WCC:  
African over here :)

Gillian: Yes, Jenny, you are a lion. Love it!

Lisa: Interesting Chloe that this has brought the morning/afternoon person thing to the fore. It's always been there, but now it's more real and playing out in a noticeable & tangible way. I wonder how we'll harness it for a new normal...

Dianne: another African here... L)

Gillian: Jenny, yes. I've been referring to that as my act of parental rebellion.

Marga Lucas: Yes looking after yourself first - love it

Jeremy Leslie: Missed the last bit of that piece with Antonia; my offering is what could you do to connect in a way that creates a sense of safety and belonging for the energy vampires so they come along with you on trying out some small autonomy experiments?

Digby Scott: Start with your body => everything else follows.

Lisa: one system

Lisa: brain & body

Chloe Barnes - WCC: That is so nice, feeding your brain so you can do better work. Definitely guilty of not taking time to read non-work or COVID stuff in recent weeks

Antonia Milkop

(MBIE) awesome CM!:finding ways around the red tape - it's like one of my kid's lockdown obstacle courses. a good way to visualise (e.g. hopscotch, hurdle, boulder removal/walk around)

Chloe Barnes - WCC: We love leadership blogs! (internal communicators)

Digby Scott: What are your 'red tape scissors'?

Karin Thomas (MBIE): I have got back into doing crosswords - love the brain break

Antonia Milkop

(MBIE) awesome CM!:Jenny - can you share your blog link here?

Digby Scott: "What have you learned since we last spoke?"

Antonia Milkop

(MBIE) awesome CM!:Jenny seems formidable, strong, resilient. powerful!!

Antonia Milkop

(MBIE) awesome CM!:I hear you Jenny

Antonia Milkop

(MBIE) awesome CM!:especially if you're not part of the hierarchy

Chloe Barnes - WCC: Karin, I've got into cryptic crosswords! I never used to think I could do them, but getting to know the tricks is very satisfying

Antonia Milkop

(MBIE) awesome CM!:solution: focus on outcomes only?

Antonia Milkop

(MBIE) awesome CM!:ooh what are cryptic crosswords?

Ana (WCC): Loving the 'rich conversations' with our whānau

Digby Scott: Maybe use the hierarchy, not just be subject to it?

Antonia Milkop

(MBIE) awesome CM!:would love some hacks on how to best use the hierarchy.

Gillian: I'm finding that right now the cognitive load is so much higher than usual, people are looking for some direction, which helps frame up Jenny's point on not consulting on the small stuff.

Karin Thomas (MBIE): Chloe, I am impressed as I have struggled with them in the past. Maybe I will try one tomorrow :)

Jeremy Leslie: #ERROR!

Antonia Milkop

(MBIE) awesome CM!:yeh, Jeremy - I think you have it spot on. How can we best support them with these fears and concerns. Help them move forward?

Antonia Milkop

(MBIE) awesome CM!:1. identify their fears. 2. bring them to the light. 3. help them navigate through them (with support needed - which often our amazing leaders don't have!)

Jeremy Leslie: Yep, I reckon Antonia. It's the stuff we use when coaching: Meet, pace, lead

Antonia Milkop

(MBIE) awesome CM!::)

Antonia Milkop

(MBIE) awesome CM!:I LOVE this CM tribe.

Chloe Barnes - WCC: This is my recommended cryptic book - comes out every 2 months <https://lovattspuzzles.com/handy-cryptic-crosswords-magazine/> Find it at Paper Plus

Jeremy Leslie: I bloody love cryptics. I have a Times Cryptic book that I'll never finish but sees me through all travel!

Ana (WCC): Ngā mihi nui ki a koutou! Thank you all for sharing your experiences during this time.