



Destination IP Virtual Summit

Keeping Motivated: Resources and Tools for Coping in the Pandemic

Before We Get Started...



Recording

A link to the recording and slides will be emailed to all registrants.



Questions

Type in the question box and we will answer in real time or during the Q&A.



Social

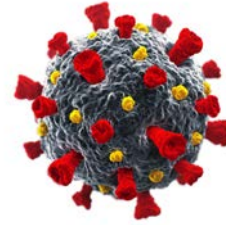
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Agenda

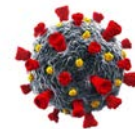
- COVID-19 Challenges
- Virtual Work Guidance
- Managing Stress



The Pandemic has affected all aspects of normal life

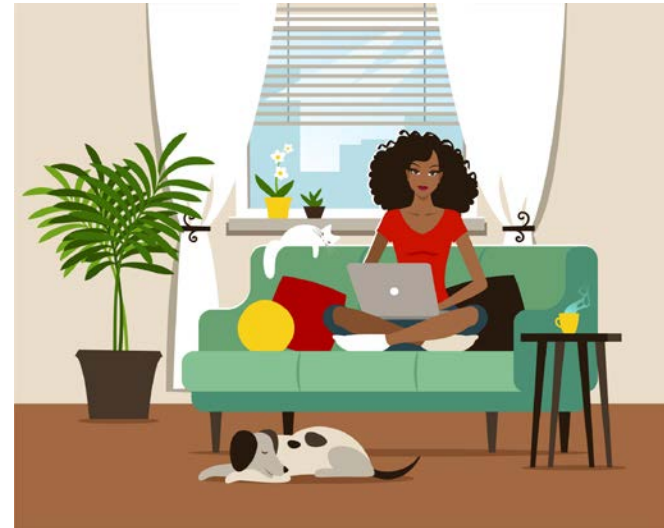


- Fear and worry about your own health and the health of loved ones
- Reduced physical activity as a result of public shut-downs
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Working from home
- Loss of childcare resulting in changes in work schedule
- All leading to increases in stress, and ultimately a decrease in productivity



What can we do to remain productive during the pandemic?

- Create a functional virtual work environment
- Learn new ways to manage stress

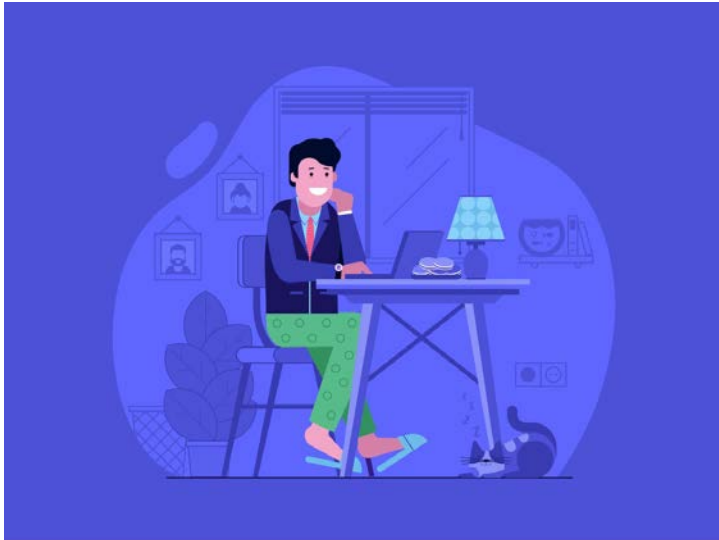


General Workplace Challenges During COVID-19

- Can't go to the office
- Can't meet coworkers or clients in person
- Distractions at home
- Decreased availability



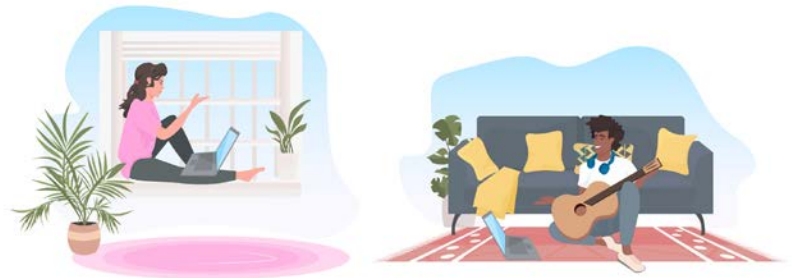
Tips for a more effective virtual office



- Get dressed
- Designate a workspace or home office
- Keep clearly defined working hours
- Build transitions into and out of work
- Minimize distractions
- Communicate, communicate, communicate!
- Interact with co-workers

Take care of yourself

- **Mental health**
 - **Remain connected - combat isolation**
 - **Take breaks**
 - **Pick up a new hobby**



Remain connected



- Schedule virtual meetups
- Virtual workout
- Interact with neighbors
- Help others
- Reach out regularly

Take breaks

- Make time to stretch and meditate
- Go on a walk
- Get out of the house
- Schedule errands
- Take *mental* breaks



Try new hobbies

- Learn a new language
- Take up guitar
- Home improvement projects
- Paint
- Cooking/baking
- Etc.





Stay healthy

- **Physical health**
 - **Remain connected - combat isolation**
 - **Take breaks**
 - **Pick up a new hobby**

Guest Panelist



Owner and Founder of CHALK Performance Training, and CHALK Online

Ryan's accomplishments include:

- Qualifying for the US Olympic Team for skeleton and bobsled
- Top 20 in the world CrossFit Open athlete for 3 consecutive years
- USA Weightlifting Club and Sports Performance Coach
- ASEP National Coaching Certification
- Custom fitness programs for the US Military, corporate clients, and professional athletes in the MLB, NHL, and NBA



Thank you for your interest.

Questions?



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Attorney

Aris Gregorian

Aris Gregorian is a registered patent attorney in the Silicon Valley office of Schwegman Lundberg & Woessner. He received his B.S.E.E. in Electrical Engineering from Santa Clara University in 2007 with a concentration in control systems, and his J.D. from Southwestern University School of Law in 2013. Before practicing law, Aris worked as an engineer, and as a personal trainer while in law school.



Attorney

Shebli Mikailli

Shebli Mikailli's practice focuses on the preparation and prosecution of U.S. and foreign patent applications and representing clients before the U.S. Patent and Trademark Office. His technical expertise includes technologies in the electronic, computer and software arts.





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