



THE CHALLENGE //

Coping with Covid

Don't just get through each day,
make every day count.

Complete

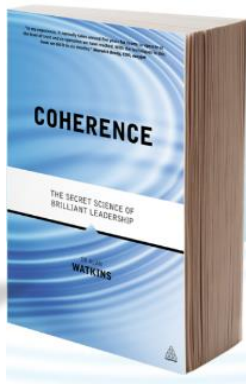
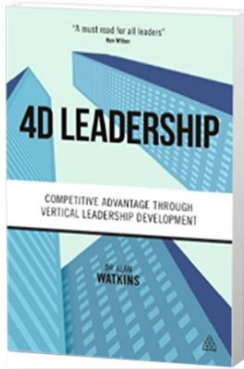
A series of vertical lines of varying heights, starting from the bottom left and extending towards the bottom right. The lines are light blue and increase in height from left to right, creating a sense of growth or progression.



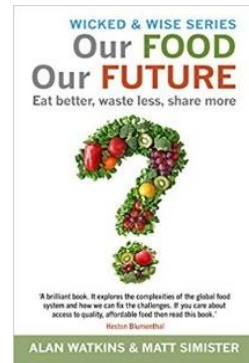
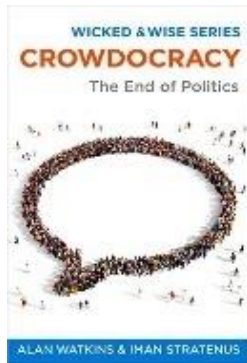
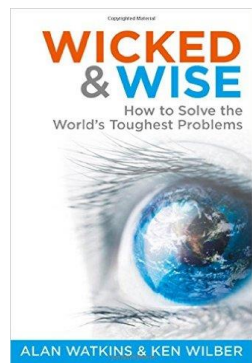
Complete Resources – Books and Apps

Coping with Covid

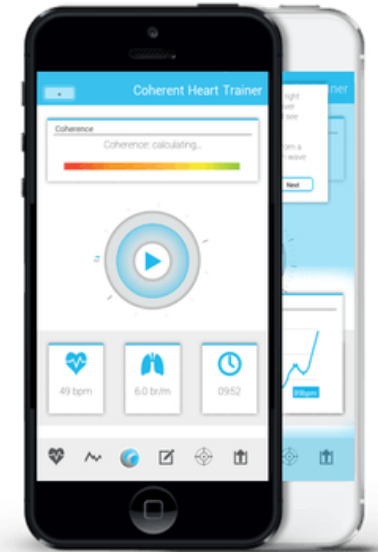
LEADERSHIP BOOKS //



WICKED & WISE BOOK SERIES //



COMPLETE APPS //



CONNECT WITH COMPLETE //

Email: pip@complete-coherence.com

Website: complete-coherence.com



Complete Resources - webinars and podcasts

Coping with Covid

[Complete Webinar Series](#)

[Register Here](#)

<https://www.completecuriosity.com/>

Links to webinar recordings below.

WEBINAR//

Covid-19: Mental Health Strategies that Work and Don't Work with Katie Ledger and Dr Alan Watkins

[Watch the webinar](#)

[April 9th 2020](#)

WEBINAR//

Corporate Coping and Covid-19 with Katie Ledger

[Watch the webinar](#)

[April 2nd 2020](#)

WEBINAR//

Covid-19 Clarity and Complexity with Dr Alan Watkins

[Watch the webinar](#)

[March 26th 2020](#)

Register for our next coronavirus webinar

Join us live for our regular webinar series that tackles the toughest challenges facing us and our organisations. We'll be covering mental health strategies, relationships and mitigating the impact of isolation.



Recent Episodes

- COVID-19: Mental Health Strategies that Work and Don't Work**

APRIL 9TH, 2020 | E5

April 9th 2020
- Corporate Coping and COVID 19 with Katie Ledger**

Join Dr Alan Watkins and Katie Ledger as they explore how organisations can cope, change the way they work and create virtual longevity now and beyond the COVID-19 crisis.

APRIL 2ND, 2020 | E4

April 2nd 2020
- Clarity, Complexity and COVID 19 with Pip Clarke**

Join Dr Alan Watkins and Pip Clarke in a recent webinar where they discuss how COVID-19 is just the latest in a long list of 'wicked' issues facing humanity, albeit more immediate and intensely threatening. If we can understand...

MARCH 26TH, 2020 | E3

March 26th 2020
- Compassion, Cortisol and COVID-19 with Peter Dawson**

Join Dr Alan Watkins and Peter Dawson as they discuss COVID-19 and the five waves that will hit every country on the planet. More importantly, they also discuss the importance of compassion and community and what an appropriate...

MARCH 19TH, 2020 | E2

March 19th 2020

[VIEW ALL EPISODES](#)



Dr. Alan Watkins, *TEDx*

The following TEDx video clips of Dr Alan Watkins may be a useful reminder of what we covered.

The presentation is in two parts and briefly explains the link between physiology and results. The second part tells you how you can improve the consistency of your results and helps explain why the negative situations we experience can affect our performance and health - and what to do about it. They are around 20 minutes each.

The presentations cover the integrated performance model, the DIY lobotomy, the BREATHE skill and the performance grid.

PART 1 //



PART 2 //

