

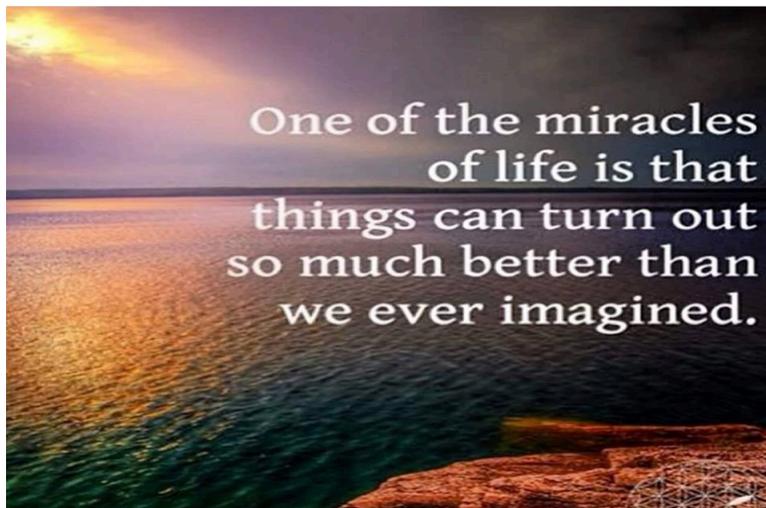
### **After the Rain, Comes the Rainbow**



On a recent walk I saw this amazing rainbow – I timed the walk badly, ignoring the dark clouds and had just got soaked. Suddenly as the sky cleared, I found myself smiling and celebrating the rainbow, oblivious to everything but the miracle above me.

It made me think about the importance of all the little rainbow gestures that children all over the world have been making. All the little hand drawn rainbows hanging from trees, the ones in children's bedroom windows and the beautiful little painted rainbow stones, spotted on walks through country lanes. These small gestures made us smile and helped us to feel better about lockdown and all the things we missed.

The rainbow is a symbol of hope, a symbol of wonder and of a miracle beyond our reach. It made me think of this other quote.



As we plan for relaxation of social restrictions, let's take some time to be hopeful for the future and to consider how we can best integrate the learning of the past few months.

The feedback I hear most commonly includes:

- I adjusted better than I ever thought I would
- Life has been more relaxed
- People have been so good
- We managed to get everything fitted in
- I actually feel more productive working from home
- There have been fewer distractions

So while we are looking forward to seeing friends and colleagues and to getting out and about a bit more, let's remember that, after a while, there were so many things that we were able to live without – the drama, the commute, the traffic, the running around, the noise and the distractions.

Take a minute to reflect at a personal level.

What has been your learning? and how are you going to integrate it into your new way of being as we move forward together to the next phase.

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