



Getting Closer to One Another Emotionally

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This a pertinent question which I am sure is currently playing in almost every working professional's mind. While we all are following the 'Work from Home' protocol, the larger point which one attempts to achieve is how to strike a balance between personal and professional responsibilities. While the entire corporate world is using technology to its fullest, enabling the resources to remain connected 24x7 on a video or an audio platform, the irony back home, is that to complete the basic and simple personal life commitments, it is not the state of the art tech that is needed, but what is really needed is a calm and composed human connect!

During my VCs conducted with the leadership team and the LIVE webcast with the entire organization at large, it has been my conscious effort to reinforce the point that during such times, one needs to have a very structured and organized day planned in advance with dedicated time slots for family commitments and professional submissions, in that order! This is a time where we need to be extremely responsible towards ours and our family's health and safety, while we attempt to complete our professional deliverables. So while we are all taking the required proactive steps in terms of social distancing and hygiene, one important aspect which we all should be mindful of, is to also look after our emotional well-being. While the times are tough and challenging, it is extremely important to reflect on the positive aspects.

One of the biggest positive point is the opportunity for all of us to bond with our children, our parents, our brothers and sisters. An opportunity to give time to our life partners, who have always sacrificed these moments since we all had to be at work adhering to our responsibilities. I shared a personal example to all my colleagues at ZEE, to reinforce this fact. I have made it a point to teach my children how to play Carrom. Simple, yet precious moments like these, will really help us sail through such challenging times with immense positive energy. Learning to cook, to play a musical instrument, to play an indoor game with your family members are some of the things one should make time for, amidst this lock down.

And the final point which I suggested to my team is to be extremely empathetic towards each other. While we all have our respective designations in office, back at home we also have a parallel designation of being a Mother, Daughter, Sister, Father, Son, Brother and more! All that I advised my colleagues is that while we are constantly connected with each other, we must understand each other's constraints and challenges while expecting the professional submissions.

These are times when our human or emotional connect with each other is most important, both in our professional and personal lives. While the entire Nation or the World at large is in a Social Distancing mode, I think this time will bring us more closer to each other emotionally, like never before!

Stay Safe. Stay Connected.