

## **Stress within Management Roles in COVID-19 times**

Webinar

25 May 2020

Daniel Borg – CEO of the Gozo Business Chamber

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### **Introduction**

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I welcome you for our third webinar that is being organised in collaboration with Bank of Valletta. I would like to thank first of all Dr Anton Grech for accepting our invitation.

Dr Grech needs no introduction. He is the clinical chairman of the Department of Psychiatry of the Ministry for Health. He has published in international psychiatric journals and presented and chaired in international psychiatric conferences. He is a member of various national boards and commissions. He believes a lot in using the media to educate on mental health, and for the last years in Malta he conducted radio and TV programmes on issues related to mental health, which broadcasting surveys repeatedly showed that have a very vast following by audiences.

Today's subject matter was selected by the Chamber because of what we have experienced in the past months and weeks. For me personally I can say that it has been an eye opener on various facets on what owning and managing a business really means, but especially on the human dimension of running a business.

During the first weeks of the Pandemic when the Government was first rolling out the schemes targeted towards assisting businesses, the Gozo Business Chamber was a first point of contact for members, and even for non-members. As a Chamber we took the stance of refuting no one and trying to help everyone. Behind each communication there were sometimes some heartbreaking experiences. Business people opened up on what they were experiencing, and the toll this was having on their personal lives. Their concern extended beyond their mere personal interest. They were concerned not only on their business, but on their employees and their families.

Last week I had the opportunity to intervene during a programme on TV in which stress among business people was discussed. I highlighted how we generally tend to categorise people including business people. The reality however many a times is so much different! Many business people put in a lot of sacrifice to built their business. This generally meant long hours of hard work, sometimes alone or with the help of other family members. This pandemic saw many of their investments and hard work wiped out in a couple of weeks. This scenario could not be foreseen. Even for those managing businesses or other entities, including governmental entities. Everyone had to rethink the way things are done in order to adapt to a new reality which was unfolding before us. This situation translates itself in a great deal of uncertainty and stress.

To this end we hope that you will find this session useful. As a Chamber, and at this crucial point in time that we are all living, we felt that we also had to do our part. We have decided to open up our events even to those who are not members of the

Chamber. We have also decided to stream it live on our facebook page, though those who will be seeing it there, will not be able to interact with this session.

Though you will not have the opportunity to interact verbally, on the bottom right hand corner of your screen there is the comments box. Please feel free to post your questions and comments throughout the session. Dr Grech will be able to answer your questions and concerns towards the end of the session. The formal Q & A session will be opened after Dr Grech's intervention.

I now kindly invite our President, Joseph Borg, to make his introductory speech.

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