

MAKING THE MOST OF LIFE IN THE COVID-19 ERA

by Arc. Ochudo Ayi MNIA



I do not think anyone reading this ever imagined that a time would come when we would be forced into hiding by a tiny, nearly invisible virus. We listened to tales of bible era pandemics as though such a thing wasn't even possible. Many of the stories sounded incredulous. We citizens of the 21st century are too smart for that and cannot be upstaged by such a little insignificant virus. How wrong we were. The strongest and most powerful nations have been brought to their knees. Our way of life has been altered. I dare say, forever.

Being at home on lock down can be very daunting for some people. But it doesn't have to be all negative. There are a few benefits to this forced hibernation. Indeed, good can come from it. As we assiduously strive to escape the bowels of the virus, lets to focus on how to maximize the time and what we can do in preparation for a post COVID 19 season.

Beginning with general advice,

Follow the advice of the central health organizations involved. The airwaves have been awash with information about how to conduct ourselves to best keep the dreaded Virus at bay so I recommend for the most accurate information, that you visit you visit the [World health Organization \(WHO\)](#) and the [Nigerian Centre for Diseases control \(NCDC\)](#) websites.

Limit your Corona virus news update. While it is important to keep abreast of the happenings, constant monitoring of the news will not only distract you but create anxiety that will affect your mental, emotional and spiritual health. While at work it is better to avoid the News altogether.



Develop a routine. Goals are achieved as a result of the daily habits we develop. Now is a great time to evaluate our goals. routines and habits. Discard old ones and form new ones.



Stay connected. Keep in touch with loved ones, colleagues and associates. Nothing can be more draining than the feeling of isolation. Technology has made video calling easy to do now.



Find your genius domain. Establish a dedicated work area where you can dream, think and churn out those designs. Make it as inspiring and energizing as possible. You would be amazed how resourceful you still are once you slow down enough to think this through. Architects can make a desert feel like paradise.



Remain a source of inspiration. Architects are considered leaders of the building industry for a reason. By our nature we offer inspiration. Our creativity, works, style, presentation, posture and knowledge positions us as leaders. We must share our creativity with the world and never fail to always be a source of inspiration.



Embrace technology. In the world today, you either evolve or you die. To remain relevant, you must decide which field to play in. You cannot afford to just merely show up but show up strongly. Architects should not only have access to new technology, we should provide the solutions. Here are a few ways to take advantage of technology.

I Build up on apps. Find apps that enhance the quality of your work and thinking process.

II Use the cloud technology. Use the design systems that offer cloud based services to host your projects eg. Autodesk BIM360 and Graphisoft BIMcloud

III Use platforms that offer free storage and secure information sharing to move your files and folders, enabling you work from anywhere. eg. Dropbox and googledrive



IV Take your creative processes online. Platforms like Morpholio whose trace and board apps allow designers to sketch, design and present proposals to clients. In the wake of the COVID 19, Morpholio is giving a free month trial for both apps. You may want to check it out.

V Learn how to have virtual meetings using apps like zoom and it helps to save time, capture decisions and resources.

VI Manage your projects remotely. Apps like Trello can provide an effective accountability and offer stage monitoring.



VII Online courses are the future. open your mind and attend the most prestigious universities using online courses from the comfort of your home office. Artificial intelligence, art of negotiations are skills you can learn from online courses.

VIII Embrace virtual tours. You still get a lot of the benefits similar to being there in person. Have you ever taken a virtual tour of a museum or the acropolis?

IX Keep your mental tank full. Join the growing numbers of people who draw inspiration of listening to Podcasts, Design TEDtalks, etc



X Come up with design solutions Search out new building materials that are available. Come up with your ideas about construction material indigenous to our locality and find ways that they can pass the universality test. The post COVID19 world will be driven by information. You want to be positioned rightly for these opportunities.

XI Incorporate remote working models into your post COVID 19 activities. There are many resources offering tips on how to adjust to new environments no matter the circumstances.

XII Reinvent yourself. build your emotional quotient, Work on your social media handles, harness the other skills that have been lying dormant within you. Architects are known for being multi-talented. Do not deny yourself the multifaceted expressions. You are unique.



As we make the most of this lock down, let's remember that there is a post COVID 19 era. Let the new dawn meet you prepared and ready to take the world.



Arc. Ochudo Ayi MNIA is also Personal Development Connoisseur, Wealth/Mindset Coach. FOUNDER: Personal Branding for Leaders Network/Creative Lair. Follow on [f](#) [t](#) [i](#) @ochudo ayi