

**ROCK
YOUR
AUDIENCE!**



with Rocky Romanella

**A Special Message From
Rocky Romanella**

During these difficult times, thoughtful and considerate leadership will define our character as a world community and as individuals. It starts with each of us and the Simple Acts of Kindness we display to one another. My thoughts and prayers to all those directly affected and to all of us as we manage through these difficult times, To Health and Happiness.

Those of us who are affected by this challenge can resolve to turn adversity into opportunity. Here are some things to help get you through these difficult times and come out better on the other side.

1. Read good books to strengthen your mind and spirit. I have enclosed a link to a book sample of *Tighten the Lug Nuts* that can provide some interesting insights. Note especially the sample chapter on Simple Acts of Kindness. Download the sample [here](#).

2. If you have had to cancel a conference due to unforeseen circumstances and are concerned about finding and signing a keynote speaker, breakout session leader and/or master of ceremonies - please do not stress. We will work with you and will provide a 20% discount to anyone who needs our help. Along with myself, we have a tremendous team of experts in various fields we can make available for all your needs. [Visit our website](#) for more information and again, please do not stress.

3. Podcasts are available that provide pertinent information on all kinds of business-related topics. Take this opportunity to listen to some of your favorite speakers and perhaps some new ones you have not had time to listen to. We have 75 podcasts available that are now searchable by topic, show name or leadership competency. You can listen [here](#).

4. We are all missing MARCH MADNESS. To get your fix, visit our web site for an exclusive video of legendary Coach John Wooden. This is one of a kind, never-seen-before extensive interview with this legendary sports icon. [Watch the interview](#).

5. Finally, if you binge-watched all your favorite shows and are avoiding large groups at the theater, [visit our video page](#) to be both entertained and educated. We have redesigned our video page to help you find information that is both valuable and practical. The new interface allows you to search the videos in our library by topic. These include:

Keynote Speaking videos

Training videos

Coach's Corner videos

Tighten The Lug Nuts videos

Interviews videos

Balanced Leadership videos



Being positive
in a negative
situation is not
naive.

It's leadership.

PROTECT YOURSELF

Steps to Protect Yourself

Clean your hands often:

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact:

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Stay home if you're sick:

- Stay home if you are sick, except to get medical care. Learn what to do if you are sick.

Cover coughs and sneezes:

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

Wear a face mask if you are sick:

- If you are sick: You should wear a face mask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a face mask if they enter your room. Learn what to do if you are sick.
- If you are NOT sick: You do not need to wear a face mask unless you are caring for someone who is sick (and they are not able to wear a face mask). Face masks may be in short supply and they should be saved for caregivers.

Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.



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