

For each other

A changing world

As we approach a year since the COVID-19 pandemic was first felt in Europe, it seems appropriate to reflect on how change has affected us. Change is divisive; feared by some, embraced and welcomed by others. However, last March, with new rules and suddenly forbidden activities, the initial changes to all our lives were immediate and daunting.

Looking ahead to what a future without lockdowns might be like, there will undoubtedly be an eagerness to cast aside some of these changes. But there will be a great number of things which we will want to hold onto – the importance of human connection, flexibility in our daily and working lives, taking responsibility for the world we live in, and prioritising our mental and physical health, amongst others.

John Armstrong observes, "The philosophical challenge around change is to reassess the rankings of what we value."¹ The pandemic changed our lives and, in doing so, has caused a re-examination of that which we most cherish.

What are your hopes for the future? Find out more about our 'For each other' campaign [here](#).

¹ 'Change: LGT Vestra, A Portfolio of Thoughts', John Armstrong, p.37

Geraldine Napier-Payne, Partner

I am amazed by the adaptability of our communities. I hope this stays with us and we don't forget to check in with family, friends and colleagues. Professionally, I am looking forward to sharing ideas and communicating in person again, but I hope to find balance between working remotely and from the office.



Charles Sanford, Partner

One of the changes I have felt is a renewed appreciation for small joys; face to face meetings (and hugs!), a show in town, group cycling, travel and many more parts of life. As Epictetus said, "He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." I hope to take this message forward in to life post-COVID.



Jenny Tozer, Partner

What changes do I hope to take forward? The ability to adapt to change itself – maintaining a sense of calm and conviction in the face of adversity, making difficult decisions to buy in sharply falling markets. More time for reflection; empathy and respect for the key workers of our community and our offices.



Helen Whelan, Partner

I feel COVID has heightened a sense of compassion – for neighbours, the wider community, family, friends and colleagues. I also believe the lockdowns have reduced some of the stigma around mental health, encouraging more people to be open to talking about mental and emotional wellbeing.



What are your hopes for the future?

Email your LGT Vestra contact or email thoughts@lgtvestra.com. We look forward to hearing from you.