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THE **ART** OF
BUILDING YOUR
RESILIENCE
AND
ADAPTABILITY



HOW NEW PRACTICES CAN IMPROVE
YOUR PERFORMANCE IN LIFE AFTER
COVID-19





Acknowledgments

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I look forward to hearing and learning from you soon.

Yours Truly,
Néstor



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Introduction

This book is a personal project for me. I want to help and inspire people to adapt smoothly to the new “post-Covid World”, the “new normal”, as well as other aspects of life that can help them improve.

I’ve asked myself countless times, “How can I help people improve their current situation after this crazy pandemic? How can I contribute? What is the best way to do my “bit” for people?”

After careful thought, I decided to write this book. I realized that I would be able to reach more people that can benefit from my personal and varied experiences.

I work at Amazon Web Services (AWS) in the Cloud Computing side. AWS is a subsidiary of Amazon that provides on-demand Cloud Computing services. So, currently my life is around the “Cloud”. Basically, I help companies with their digital transformation, cloud adaptation and in shaping their future using “Cloud Computing”. I am what we call an “Amazonian”; a term used for an employee that works at Amazon.

We don’t mind being called “peculiar.” We have our own way of doing things, which was chosen to recognize and celebrate the fact that much of what qualifies as conventional wisdom at

premier schools and other companies, does not apply at Amazon. We are obsessed with customers; we see beauty in simplifying the complex and we are comfortable with being misunderstood. We say we are builders.

In this book, I am going to share things that I have learned during my personal and professional experience. Most of my experience comes from Amazon, and the reason is; in this company, I have the luck to interact with hundreds of amazing people around the world. That's awesome.

I have investigated, asked questions, reviewed my personal notes and interviewed many fantastic people for their personal insight and experience. As the reader, you will be able to directly apply some of this to almost any situation. While some parts may be less relevant to your situation, I hope you will find them enjoyable nonetheless.

I am super excited to share all this work and personal experiences with you so that you can take something that can impact you and improve any situation in your work or even life for that matter. I will be more than happy in case you improve that, because this is my personal goal. You will be surprised how much more you could accomplish in a short period of time, giving you the momentum that you need to keep setting greater goals in your life.

As an example, companies have been testing and adapting to new ways of working in order to improve employee performance, optimize outputs and reduce costs such as acquiring new communication tools, collaboration tools, virtual desktops as a service, etc. Some companies implemented what is called "flexiwork", which is a hybrid mode that allows to work a few days from home with pre-notice, depending on the company's policies.

Due to Covid-19, all this have been accelerated with incredible speed and even more incredible dimensions. During Covid-19, all