

## The Road to Resilience in a COVID-19 World (A Poster Presentation – Contributor: GUANFA ZOU)

Conference Time: Wednesday 7<sup>th</sup> July 2021

Duration: 90 minutes

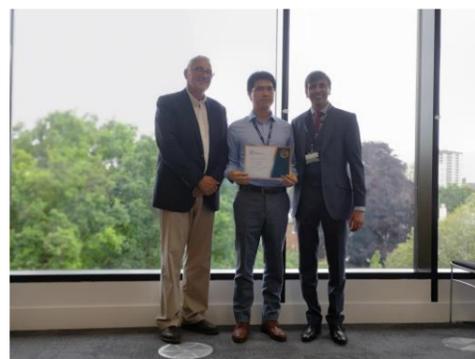
Start Time: Birmingham (United Kingdom) 12.00, Beijing (China) 19.00, Accra (Ghana) 11.00

### A brief self-introduction

My name is ZOU GUANFA. I work as a theatre nurse in the First Affiliated Hospital of Shantou University Medical College, in Shantou, China. I have been working for almost twelve years.

In the year 2018, when I was worrying about my professional future and in a dilemma that couldn't balance work and family life, I got the chance to study at Birmingham City University (BCU). During September 2018 to September 2019, I undertook a MSc programme, in the major of Professional Practice -- Healthcare, hoping to find a better of myself and improve my personal professional development.

Although I had been told that the Module LBR 7566 *Understanding and Managing Behaviour of Self, Teams and Organisations* was the first MSc module not only at BCU but also even in England, I chose it as one of my optional modules without any hesitation, hoping to be a better of myself.

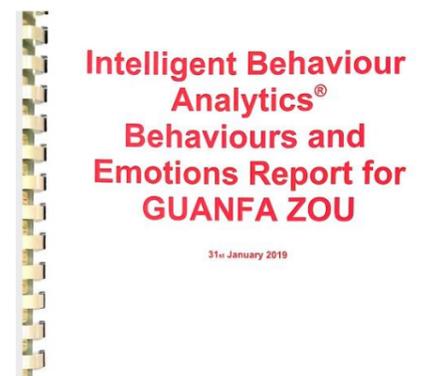


Picture 1.

I have successfully obtained my Alumni Certificate of the Intelligent Behaviour Analytics (IBA) (Picture1).

### What I have learnt at BCU

I have received a personalised report of IBA Behaviours and Emotions (Picture 2). The theoretical framework of IBA is a fusion of Eastern and Western and ancient and modern ideas, of which the bespoke knowledge and practical skills can be used to handle personal and interpersonal challenges via better self-understanding and more efficient understanding of other people around us.



Picture 2.

### What I have learnt or gained according to the Module LBR 7566

1. Naturally see my inner self
2. Better self-acceptance of my advantages and limitations
3. Effectively analyse my own behaviour and the behavioural motivation of others
4. Effectively understand and address the emotional needs
5. Increased competence and confidence in overcoming challenges in the future

### What I have been benefited

1. A closer marital relationship -- My wife and I have reached an agreement on having one more baby (Picture 3).



Picture 3.



Picture 4.

2. More chances for personal professional development -- Attending the English Speech Competition (Picture 4) and being selected to work as a member of Foreign-aid China Medical Team in Ghana (Picture 5).

### Resilience in the Covid-19 World

On 6<sup>th</sup> January 2021, I left for Ghana, working as an interpreter of the team, and as a nurse as well (Picture 5). I will work in Ghana for one year.



Picture 5.



Picture 6.

This is the LEKMA HOSPITAL in Accra, Ghana, also known as China-Ghana Friendship Hospital (Picture 6).