

Positively Maneuvering Change in the Workplace

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Objectives

- Understand the impact of different types and sizes of change
- Learn about the role of resistance in change
- Recognize the importance and value of change
- Describe ways to manage emotions in a changing environment
- Understand the power of resiliency and self-care in navigating change

Change



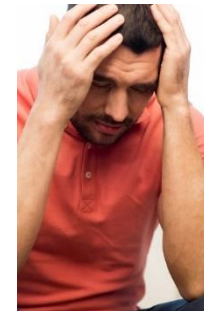
What will happen to me?

How will my life change?

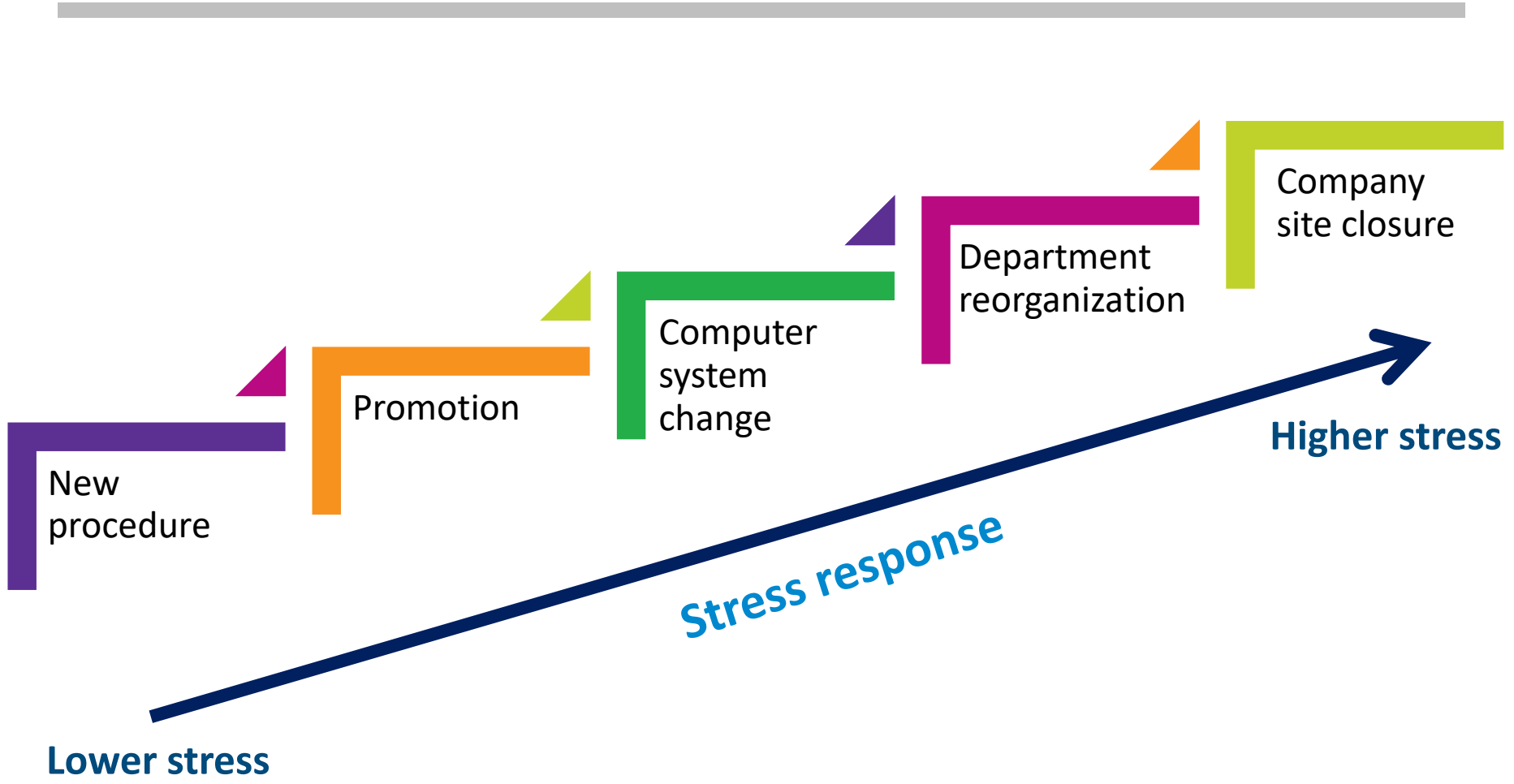
What will I lose?

Why did this happen to me?

What will I gain from this?



The factor of size



The factor of type or timing



Sudden
Change

Planned
Change

Incremental
Change

Positive

Negative



Why do we resist change?

Change “shakes things up”

Change is constant

The importance of change



“Not all changes lead to improvement, but all improvement requires change”

~Eliezer Yudkowsky

Response to change is a process



Impact



Response



Acknowledgement



Awareness



“Change favors the prepared mind” - Louis Pasteur

- Connect with supportive people
- Become more mindful
- Thought awareness
- Develop flexible thinking patterns
- Maintain an optimistic outlook
- Put things into perspective
- Take care of yourself

Your Employee Assistance Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

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Resources



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