

LCLD Pathfinder Program Navigating Change

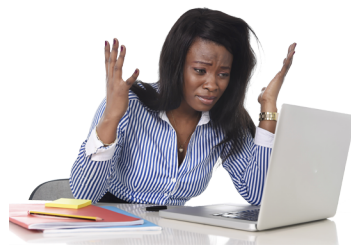
Pathfinders Second Meeting
Chicago, IL
October 16-17, 2015



Change is Inevitable



Negative Changes are Stressful



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Even Positive Changes are Stressful



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Extreme Example of Stress



Anticipated Change

- Personal changes
- Professional changes



Image courtesy of nuttakit at FreeDigitalPhotos.net



Unanticipated Change

- Personal changes
- Professional changes



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Individual Exercise

Pick two or three examples from the list of **Personal** and **Professional Changes** and write them down on your Action Sheet



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Group Exercise

- Each group pick one example from each category (Anticipated and Unanticipated)
- Discuss strategies to effectively navigate the situation and manage the resulting stress
- Write down your strategies and share with the Group



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Group Exercise

Small Group Report Out



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Get in the Game!

New research suggests that resilience may have at least as much to do with how often people have faced adversity in past as it does with who they are — their personality, their genes, for example — or what they're facing now. That is, the number of life blows a person has taken may affect his or her mental toughness more than any other factor.

On Road to Recovery, Past Adversity Provides a Map, *New York Times* January 4, 2011

