

Navigating Change

Anticipated Changes

- ❖ Choose three of the anticipated changes that were identified.
- ❖ Write these changes in the spaces marked below.
- ❖ As a group, select one of the anticipated changes and discuss strategies to plan for this change and how to manage the stress that may accompany this change.

1. Anticipated Change:

Strategy for managing change and associated stress, if any:

2. Anticipated Change:

Strategy for managing change and associated stress, if any:

3. Anticipated Change:

Strategy for managing change and associated stress, if any:

Reflections: Use the space below to capture ideas and strategies that you hear from other groups during the discussions following this exercise.

Unanticipated Changes

- ❖ Choose three unanticipated changes that you feel would be the most challenging for you to face at some point in the future.
- ❖ Write these changes in the spaces marked below.
- ❖ As a group, select one of the unanticipated changes and discuss strategies to manage the stress of this change. Where possible, strategize about ways you might be able to prepare in advance to effectively navigate even unexpected change.

1. Unanticipated Change:

Strategy for managing stress and, if possible, ways to anticipate the “unanticipated”:

2. Unanticipated Change:

Strategy for managing stress and, if possible, ways to anticipate the “unanticipated”:

3. Unanticipated Change:

Strategy for managing stress and, if possible, ways to anticipate the “unanticipated”:

Reflections: Use the space below to capture ideas and strategies that you hear from other groups during the discussions following this exercise.