

Adapting and Thriving through Change

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For: Winthrop University

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Warm Up

- Relax
- Cross arms
- Uncross arms and shake loose
- Recross arms in different direction



Learning Objectives

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- Explore the human response to change
- Develop the skills needed to increase readiness for change
- Create a personal vision for thriving through change



The Human Response to Change

What is Change?

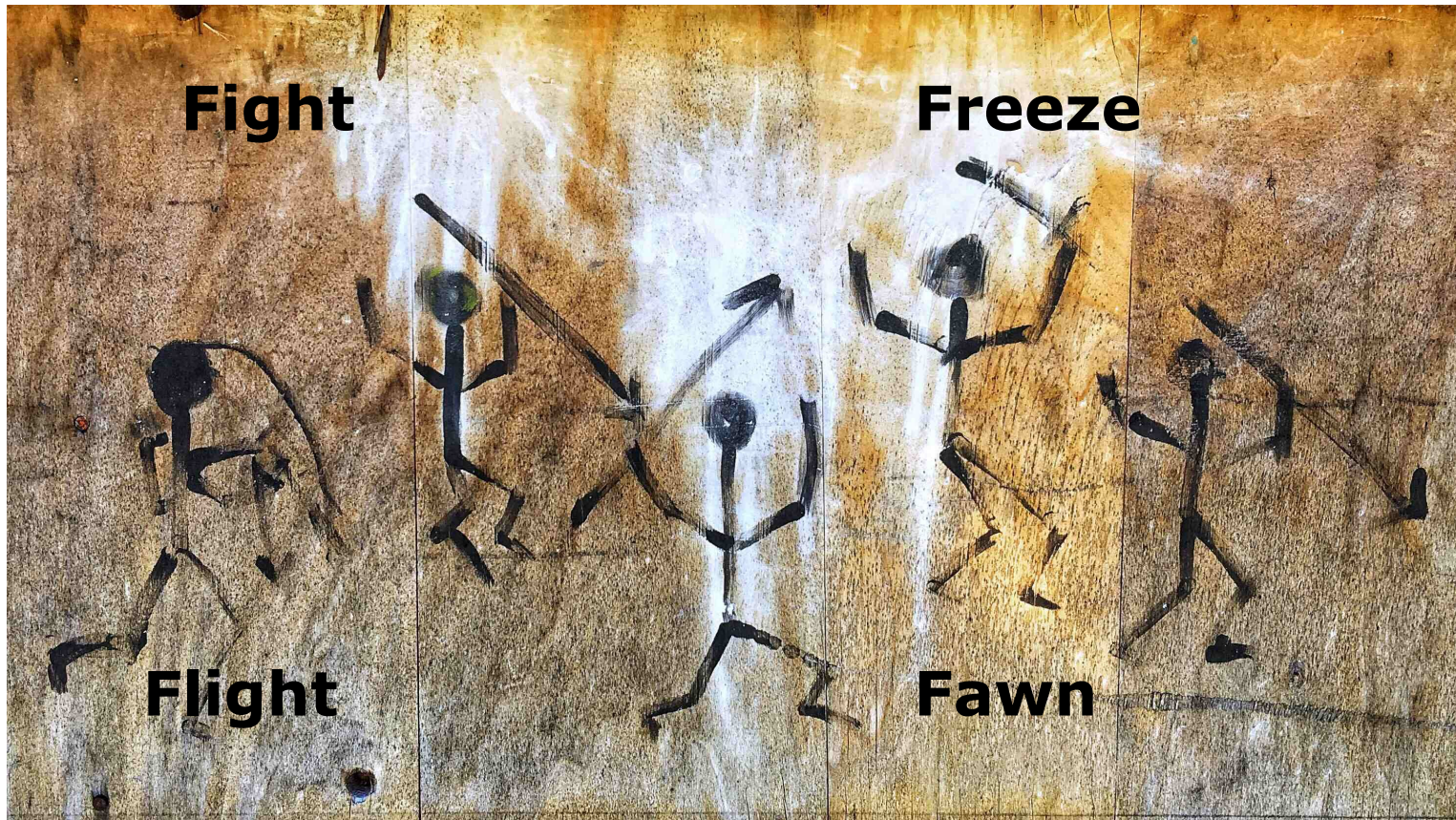
Change is anything we experience that is new or different from our normal experience.

What is one change you have experienced through the past year?

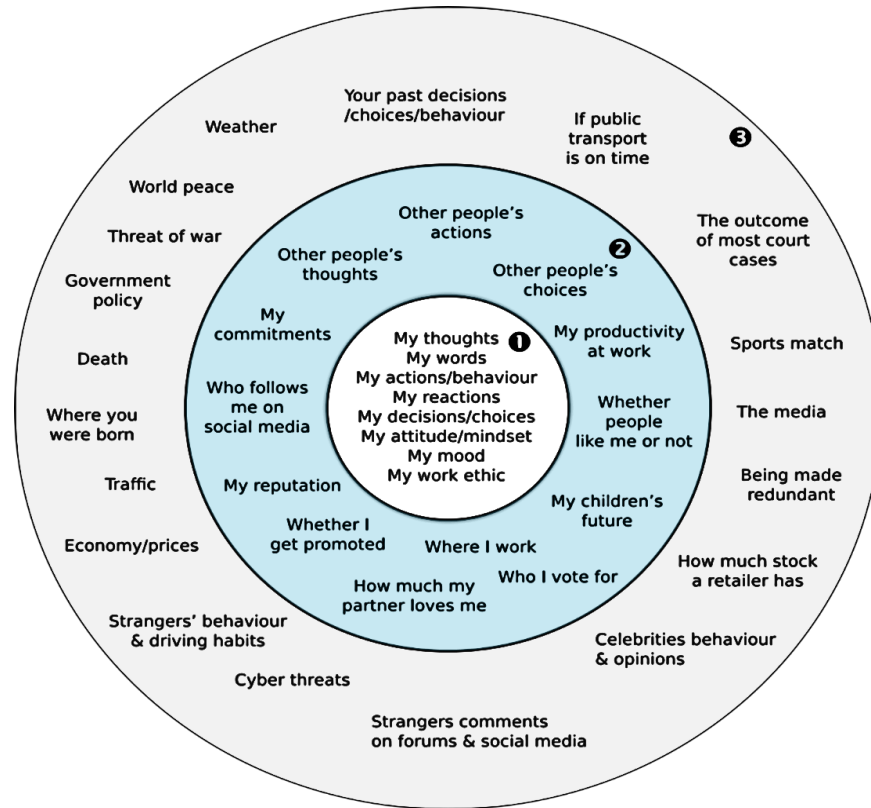
How has the pace of change impacted your ability to react and respond?



How We Physically React to Change



Circle of Control, Circle of Influence, Circle of Concern



1 Circle of Control 2 Circle of Influence 3 Circle of Concern

Increasing Your Readiness for Change

Navigating The Change Process

1 - Notice Denial

Identify reality

- What is changing?
- What are the causes?
- What are the effects?

4 - Focus Commitment

Focus what you can impact

- Act on things in your control
- Let go of things you can't control
- Increase your influence

2 - Feel Resistance

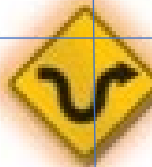
Recognize your feelings

- Listen to yourself talk
- Acknowledge what you are losing or gaining
- Express your feelings

3 - Reframe and Explore

View the situation from a new perspective

- Look for opportunities
- Imagine positive outcomes
- Take the next best step



Stage of Change Poll

*Think about a current change you are experiencing.
How are you responding?*

- A. I just try to do what I usually do to get through the day. I'll deal with the change later.
- B. I tend to doubt or feel angry about the change.
- C. I'm excited about all the new possibilities this change brings.
- D. I am confident and ready to act on this change. It may be positive for me.

Thriving through Change

The Change Paradox

*"There is nothing permanent
except change"*



We Need Change to Grow

- New opportunities
- Personal growth
- Professional growth
- Life values
- Increased resiliency



The Extra Boost of Healthy Daily Habits

- Cultivate healthy sleep and nutritional practices
- Develop and implement movement regimens
- Decrease social media distractions
- Engage in mindfulness
- Set boundaries
- Focus on positive aspects of impending change



Momentum will Carry You Forward

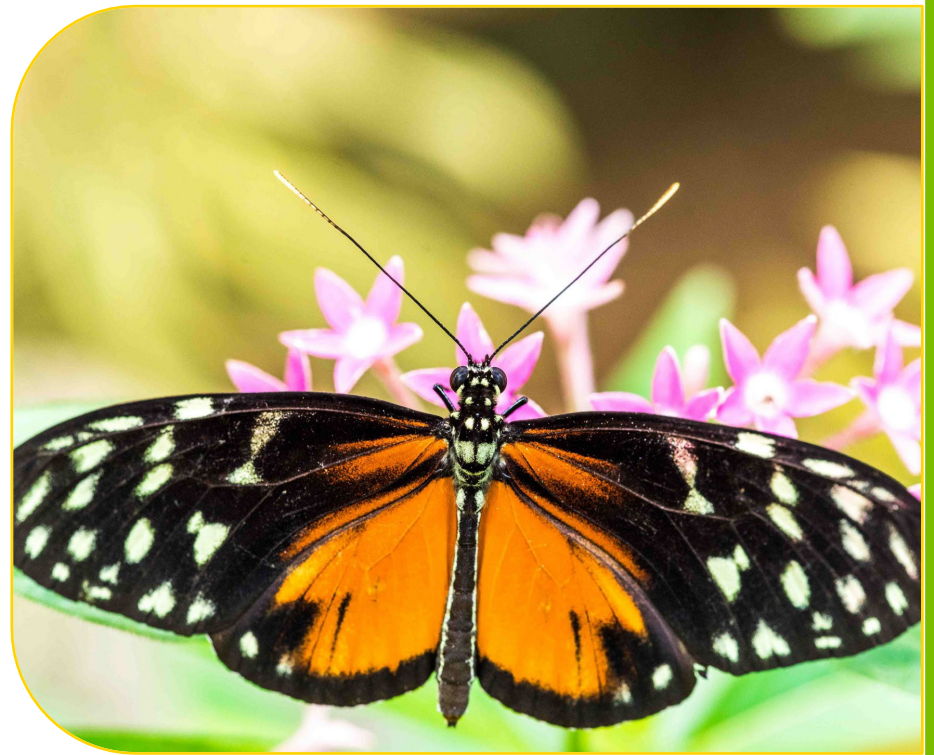
- Prepare yourself for change
- Face and overcome obstacles to change
- Develop confidence with practice
- Change fight, flight, freeze response into positive energy
- Develop adaptability, flexibility and resilience to face future change



Everything changes

The question is: do we change with it?

What is one thing I will do to embrace change?



MYgroup Evaluation

Thank you for your participation! Please use the QR Code below to take a quick survey and tell us how we did.

Today's Facilitator: Candice Coulter

Client Name: Winthrop University



You can also take the survey by clicking this link:

<https://www.surveymonkey.com/r/9C86SWR>