```sql
--Create a target table
CREATE TABLE User
(
    Username VARCHAR PRIMARY KEY,
    Department VARCHAR(100),
    Account VARCHAR
    Workflow VARCHAR
)
GO

--Insert records into target table
INSERT INTO User
VALUES
    (1, 'Commodities'),
    (2, 'Professional services'),
    (3, 'Emergency'),
GO

--Create source table
CREATE TABLE UpdatedUser
(
    Username VARCHAR PRIMARY KEY,
    Department VARCHAR(100),
    Account VARCHAR
    Workflow VARCHAR
)
GO

--Insert records into source table
INSERT INTO UpdatedUser
VALUES
    (1, 'Commodities'),
    (2, 'Professional services'),
    (3, 'Emergency'),
GO

SELECT * FROM User
SELECT * FROM UpdatedUser
GO
```