

Exercise: Adapting to Change Self-Reflection

So how are you dealing with change?

1. Think about a time you faced change at work. Was your reaction more negative than positive? Identify why (e.g., fear for job security, lack of consultation).
2. Focus on a present or future change at work. Set aside personal concerns momentarily. Consider the change's potential benefits for the organization. How might it lead to improvements?
3. How can you support or adapt to this change? Think about how this could increase your relevance or influence at work.