

Change is...

- Unavoidable
- Different
- Sometimes unsafe
- Unpredictable and turbulent
- Uncertain and insecure
- Disruptive of routines
- Discomforting
- Sometimes a catalyst for anger
- Anxiety-inducing
- Uncomfortable, ie pushes us outside our zone of comfort
- Suspicion-producing (hidden agendas)
- Occurring at ultrasonic pace