How to manage transition? First Plan ahead: - Anticipate the change and propone Tor them as early as possible. · Second Communicate Clearly: And Set Realistic Goals. How to manage Stress? (2) First i will handle Stress normally and i go Senier to discuss and teamloader How to slove this problem. And How to implement inork, and thates I will mange Stress How to propose interview (3) Prist i will research the company Second understand the Role: - Review the job description Carefully. And I will try to proportly give to consuler in spiking english. And prepare question For the interview and practice hood body language eind prepare my Document etc.