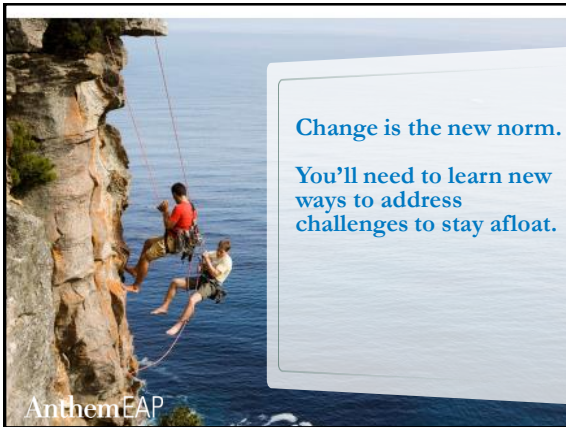
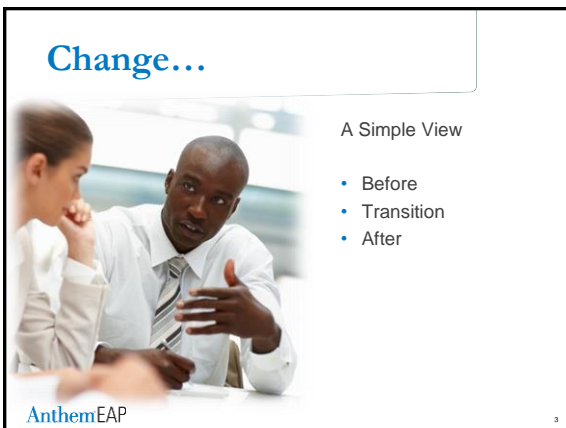


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Activity

Identify a recent change at work that challenged you.

What made it challenging?




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Types of Change

- Continuous
- Incremental
- Transformative
- Disruptive



5

Examine Your Thoughts and Feelings

What feeling(s) did this change generate in you?


Why do you think you felt the way you did?



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See how it plays out...

- Stay neutral
- Observe and notice
- Wait and see
- Be curious
- Remain open-minded

7

Talk with Supporters

- Normal
- Support
- Perspective
- Information
- Ideas



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Think about it...Is your glass half full?
Or, is it half empty?



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Own Your Choices

- Will I like this?
- Will I accept this?
- Should I support it?
- Should I fight it?



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Influence the Process

- Question
- Learn
- Volunteer
- Suggest
- Problem solve



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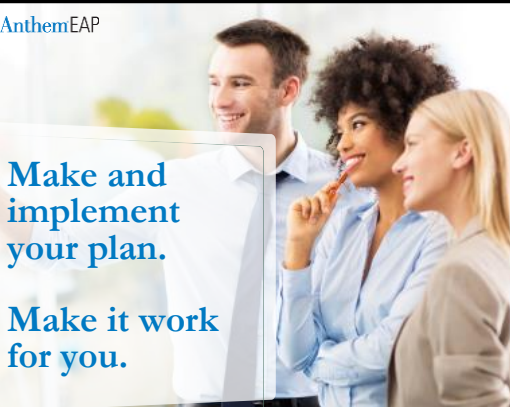
Seek Opportunities

"When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us."
- Alexander Graham Bell



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A photograph of three business professionals (two men and one woman) in a meeting, looking at a screen. The woman in the foreground is pointing at the screen.

Make and implement your plan.

Make it work for you.

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Cautionary Tales

A photograph of a woman with blonde hair looking at a laptop screen. She has a pen in her mouth.

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Self-Care

A photograph of a man in a light blue shirt and tie, smiling.

- Eat right
- Get the sleep you need
- Exercise
- Manage your time
- Set boundaries
- Employ positive self-talk
- Practice mindfulness
- Unplug on occasion
- Take breaks
- Use your time off

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Or go to our website at
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How EAP Can Help ...

- Face-to-face counseling sessions
- Legal/Financial consultations
- Child/Eldercare consultation & referrals
- Daily life resources
- ID theft recovery
- Free credit monitoring
- myStrength – Health Club for Your Mind
- Let's Talk Depression – A Multi Resource Tool Kit
- Comprehensive website
 - Resources
 - Self assessments
 - Health/wellness library
 - Legal forms

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Questions?



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