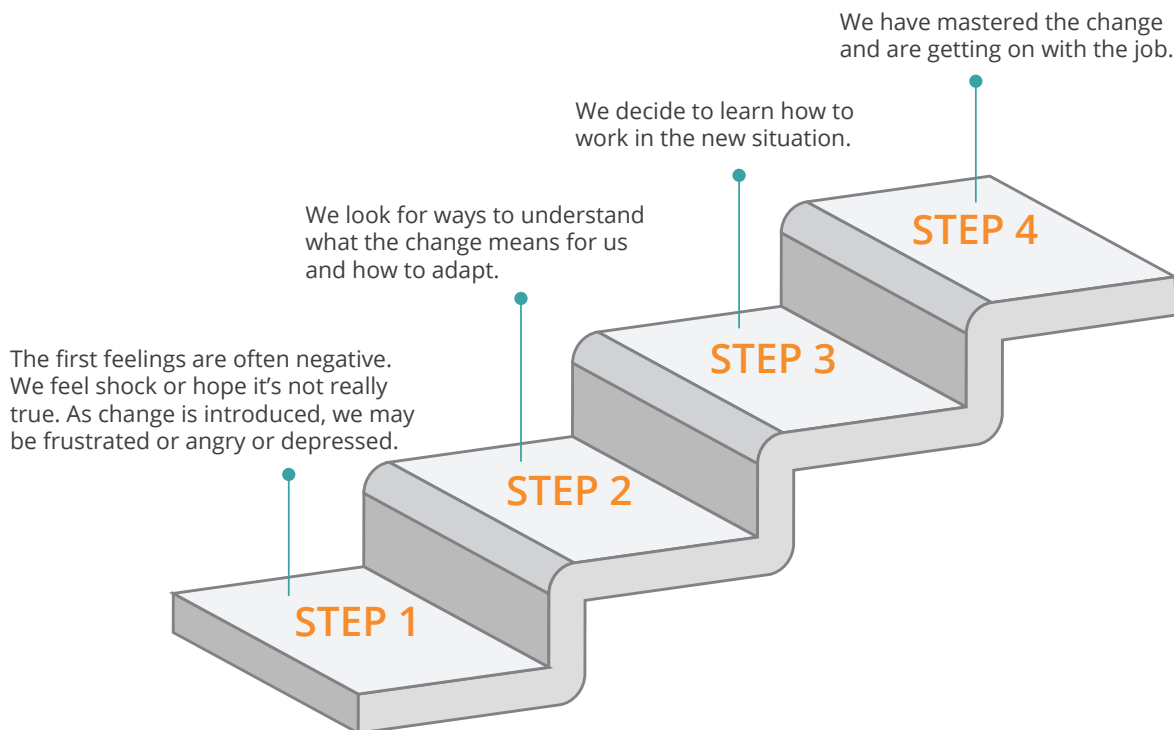




Steps to change

When people are faced with challenging changes, they go through steps on the way to adapting.



Employees who adapt well are able to work through step 1 and move on. They focus on handling the change in the best way possible.



Thinking about change:

- Some life changes are very difficult. In these cases, step 1 can take some time and feel a lot like grief, as we work through feelings of loss for what used to be.
- Even changes that we are happy and excited about demand adaptability. Think of getting married, having a baby, or getting a big promotion. What are some uncomfortable changes that might come with these happy events?