

Dale Carnegie Training

Adjusting to Change



Adjust to Change

Learning Objectives

- *Define* the challenge of change
- *Commit* to principles for adjusting to change
- ***Take*** a creative and energetic approach to change
- *Adjust* our personal patterns and attitudes



Highlights of your past

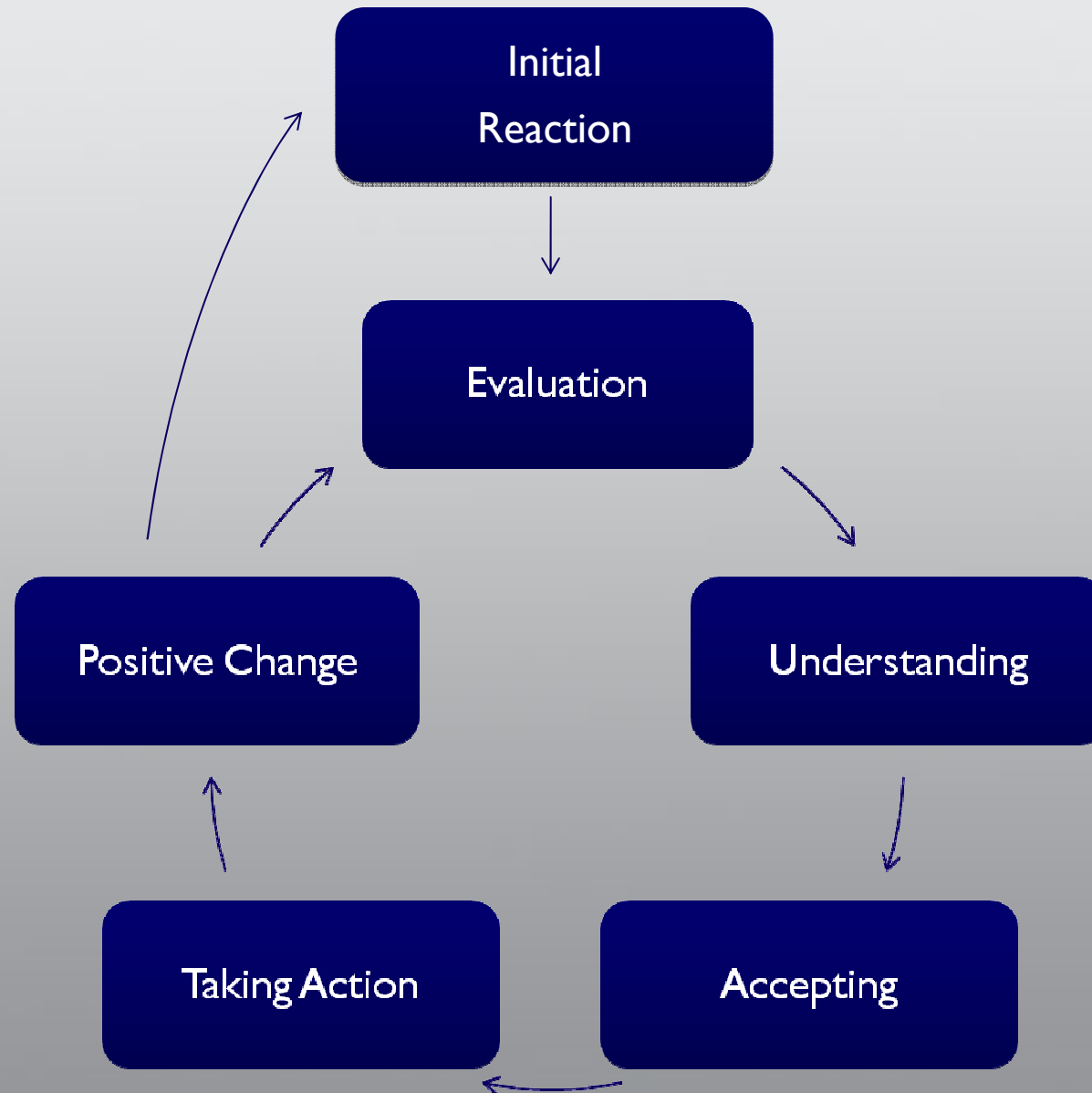


Attitudes Displayed when facing Change

- Fear
- Anger
- Excitement
- Don't care
- Not Again
- Why Me?
- Indifference

Change yourself, change your fortunes. --Portuguese Proverb

The Steps of Change



The Steps of Change

Think of an example when you went through all six steps.

Think of an example when you did not take all six steps and became frustrated.

What was the difference?

Tips to Successfully Deal with Change

- Adjust expectations
- Build relationships and networks
- Exercise patience
- Show gratitude
- Be adventurous



Tips to Successfully Deal with Change 2

- Practice forgiveness
- Choose a positive attitude
- Utilize stress reduction techniques
- Nurture yourself
- Demonstrate generosity



Change Exercise

Create an acronym with your team to sum up the important points from *Adjusting to Change*.

- C** *Courage to change what we can.*
- H** *Honest with ourselves*
- A** *Accountable to ourselves and others*
- N** *New ways are good*
- G** *Generous with our time*
- E** *Enthusiasm is key*

C's that Make Change Easier

- Character
- Confidence
- Consistent
- Challenge
- Creativity
-

Summary

- In what ways do I need to change?
- Why do I want to embrace change?
- How can I successfully adapt to change?
- How willing am I to make change work?

Dale Carnegie Training

Adjusting to Change

