

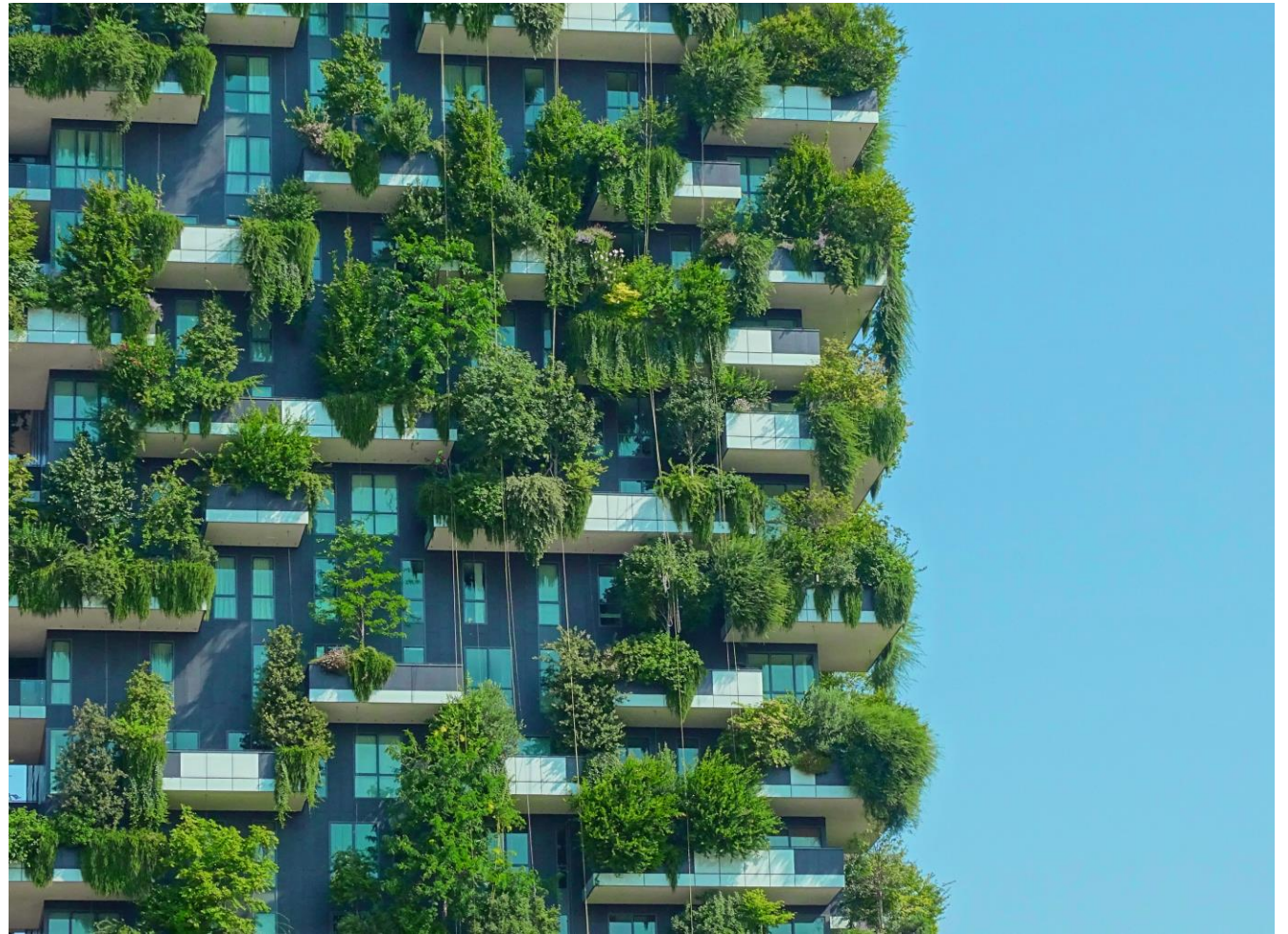


# EMBRACING CHANGE

PRESENTED  
BY *EMPAC*

# TYPES OF CHANGE

- Imposed
- Designed
- Growth







# ACTIVITY

WHAT TYPES OF CHALLENGES.....

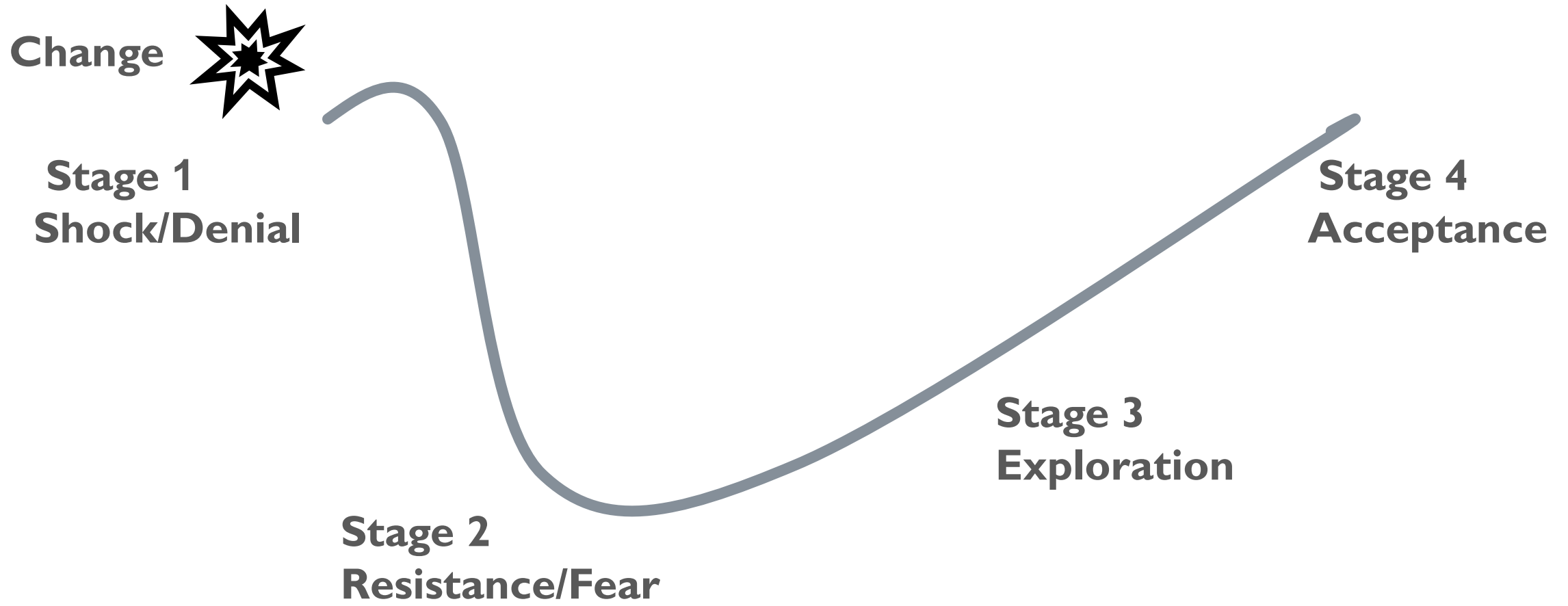
# LET'S DEFINE IT

## CHANGE

- External event or circumstance
- Outcome focused
- Happens quickly
- Examples: new policy, new role, new office layout, new management, new technology.

## TRANSITION

- Internal thoughts and emotions
- Process focused
- Takes time
- Between “the way it was” and “the way it will be”, possibly known as *chaos*.



# STAGES OF TRANSITION



# HOW DO WE ADAPT AND COPE?

- Understand the change
- Become self-aware
- Realize change WILL happen
- Self-care
- Utilize support/resources
- Continue to do good work
- Manage your thoughts
- Communicate
- Summon resiliency



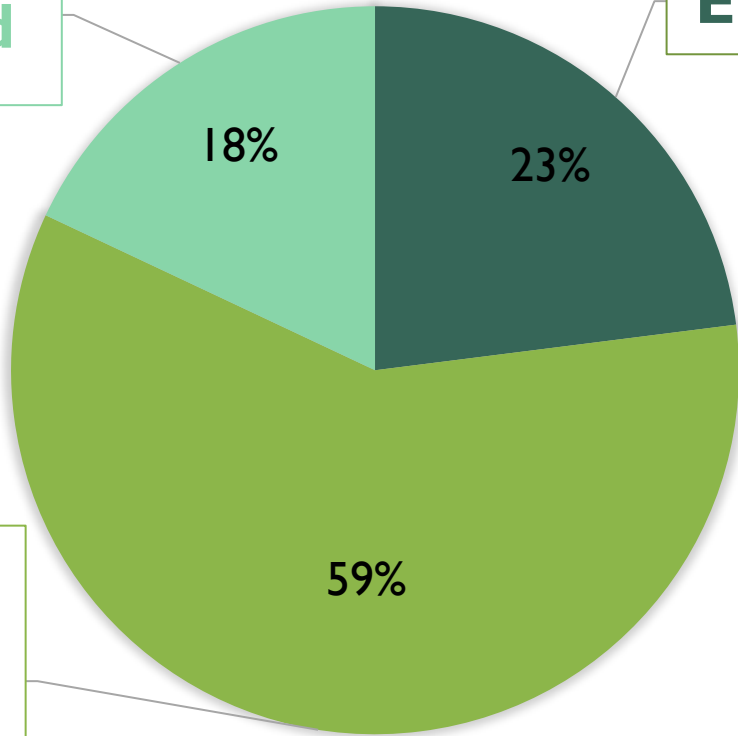
# MANAGE YOUR ENERGY

- Physical
- Emotional
- Mental
- Spiritual



**Actively  
Disengaged**

**Engaged**



**Not  
Engaged**

# ENGAGEMENT STATISTICS



# COMMON WARNING SIGNS

- Critical of Others
- Lack of Creativity
- Lack of Empathy
- Lack of Trust
- Poor Communication
- Poor Listening
- Poor Work/life Balance
- Indecisive
- Low Energy
- Moody
- Negative Attitude
- Unfocused
- Impatience
- Defensiveness
- Highly Anxious
- Reactivity
- Impulsivity



KEEP CALM  
AND  
CARRY ON

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