

Navigating Change & Transitions

Pros | Cons

Change =

Transitions =

Date _____

Lightning Round

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Interview a Partner

1. Tell me about the change.

2. What are the potential benefits?

3. What are the downsides? What could you lose?

4. Where are you in the transition model (ending, neutral or beginning)? Why?

5. How could you move to the next phase?

Reasons People Resist Change

Top 5

My Commitment
