



# JUST WHEN I THOUGHT I HAD IT ALL TOGETHER - SOMEBODY MOVED IT!

This presentation addresses transition and change both for those who continue on together in the wake of layoffs, decentralization, and amalgamations, and those who are willing to consider that they might be affected by changes down the road. It is about the transitions we experience as our outside world changes around us. Transition is what goes on inside; we all experience a predictable process, and most of us are comforted in knowing what to expect, and that we are not alone.

## LEARNING OBJECTIVES:

- To understand the nature of change and transition
- To recognize our personal reactions and to anticipate these, thus becoming prepared to deal positively with them for ourselves or with others among whom we live and work
- To see the value in becoming and remaining positive, active, and involved in the transition process

## COURSE MODULES

Course modules may be chosen from the following:

1. Understanding Change: *Who Moved My Cheese?*
2. Resistance Reactions
3. Stages of Transition: Endings, The Moan Zone, Beginnings
4. Positive Visions
5. Creative Problem Solving
6. Coping With Transition and Change
7. Transition, Change and Situational Leadership

