



Be a **MODERN MANAGER** with a thriving team.

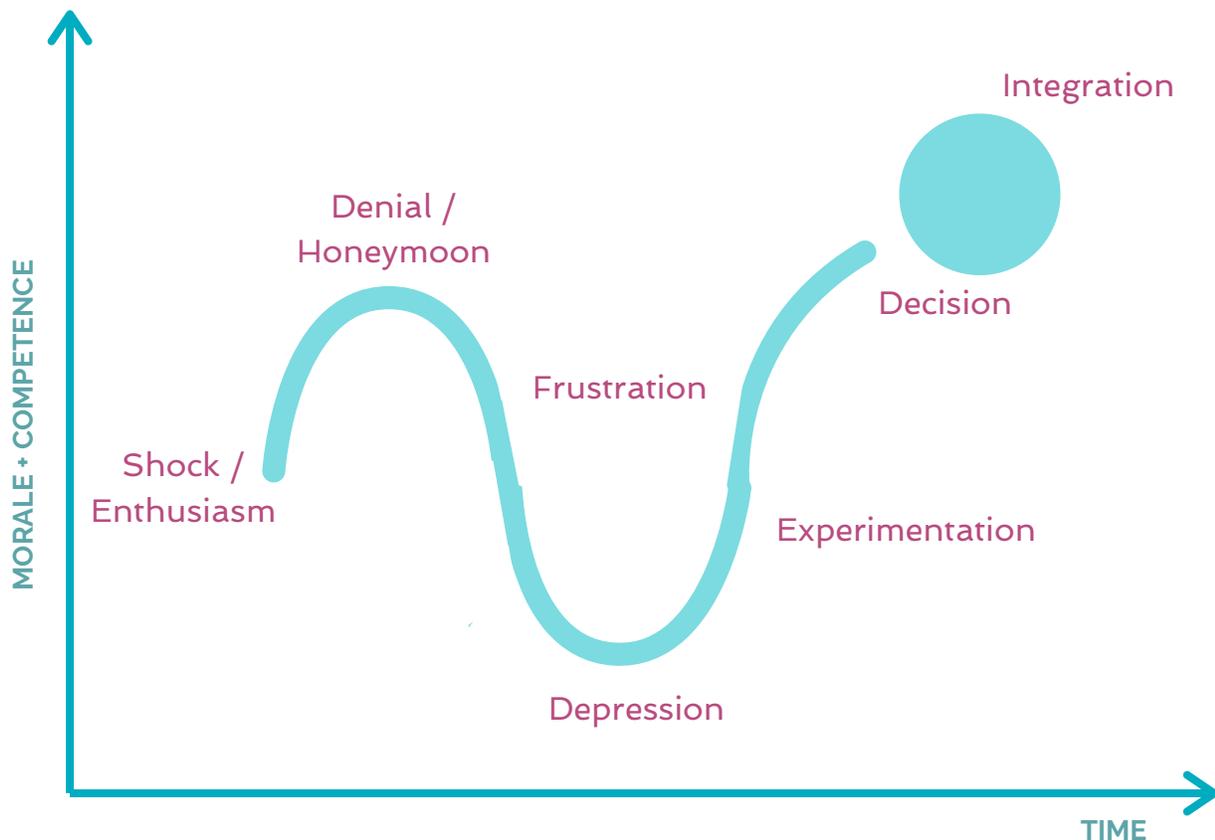
miniguide

EPISODE 116

Managing Change For Yourself and Your Team

Change is a journey not an event. By taking time to understand the journey, you can better support yourself and others during this time of transition. The full guide contains seven areas to explore to help you reduce the stress of change.

The Kübler-Ross Change Curve can help you plot yourself in the emotional journey of change. Use the questions and tips on the following page to help you navigate the emotional experience.





Change is Put Upon You

SHOCK: Feeling surprised by or unprepared for the change that is coming.

- What do you anticipate will be hard, uncomfortable or not appealing about the change?
- Prepare yourself to be uncomfortable for a while. That is where growth happens.

DENIAL: Feeling disbelief that the change will stick.

- What was appealing about the old way? What will you miss or need to let go of?
- Work on accepting that the new reality is real and here to stay.

FRUSTRATION: Feeling angered, irritated, or annoyed by the change and everything it means.

- What support or adjustments might be offered to ease the way?
- Focus on what you have control over and how you can find order or calm in that security.

DEPRESSION: Feeling lost, helpless or a lack of energy due to the change.

- How might you provide self care to get through these hard moments?
- Be kind, but don't turn back. Remind yourself that you're on the verge of tipping the scale.

EXPERIMENT: Feeling a spark of hope or willingness to try to make the change work.

- How might you find value in the change?
- Proactively seek opportunity to explore what the change really means for you.

DECISION: Feeling positive about and aligned with the change.

- What aspects of the change can you focus on to help solidify the transition?
- Commit to completing the change journey and helping others do the same.

INTEGRATION: Feeling settled into your new normal!

You Choose Change

ENTHUSIASM: Feeling energized by the potential of the change.

- What specifically are you excited about / for?
- Enjoy this feeling. You'll want to hold onto it and return to it when the change journey becomes challenging.

HONEYMOON: Feeling the change or change journey is easy, effortless, or mistaking it for being complete.

- What is powering, inspiring or motivating you right now?
- Identify the benefits you're already experiencing.

GET THE FULL EPISODE GUIDE

Get full episode guides, guest bonuses and more when you become a member of The Modern Manager community.

www.themodernmanager.com/join



Purchase the full guide at

www.themodernmanager.com/shop