

Make change work for you

with
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“think
learn?
succeed”

Take a ‘resilient’ approach to change and you’ll feel more in control. Sounds good?

Use the following five tips for being resilient when change hits at work:

1. Regulate your emotions

When you recognise and manage your emotions as they happen, you will feel more confident during change. Take action to downplay negative feelings as soon as they’re triggered.

2. Control your impulses

Therapist Virginia Satir once said that during change you should “*Only make decisions which can be executed in the next ten seconds.*” (Satir 1991: 109). This is a great way to improve your impulse control!

3. Solve problems systematically

Master the art of standing back from your problems and working out what might be causing them. Only then can you take steps to genuinely solve issues creatively.

4. Tell yourself you’re in charge

‘Self-efficacy’ is the attitude you take regarding your ability to achieve goals and make change at a personal level. Get it by telling yourself ‘I can make my own decisions here.’

5. Reach out for support

Friends, family, colleagues and professional helpers can all provide you with different types of support and connection. Reach out and allow others to help you through periods of change.

Read More About It

Tan, P:2004 *Leaving The Rat Race To Get A Life*

This is a book about how to make a ‘sea change’ – but it’s also crammed with tips for staying positive during change. Philomena Tan tells you what to expect when change hits and how to overcome feelings of anxiety. Then she sets out a blueprint for planning to make the most of change.

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**Book Eleanor to run a course for your team
Call 0433 126 841 for quotes and bookings**