

Resource 2 (Activity 2)

A Framework for Managing Change

1 Facing the fact that changes are happening

How did I think and react?

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2 To admit and explore my feelings about the changes

How did I feel about the change?

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3 To identify the opportunities and problems created by the change

How do I view change?

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4 To adjust my life to make the most of the changes

How do I need to think, feel and act when faced with change?

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