

Skillfully Managing C.H.A.N.G.E.! OR *From Change Recipient to Change Manager!*

Program Description: Many of us have heard this phrase, “the only thing we can rely on is change”, perhaps implying that individuals need only to sit and wait for things to happen. Sitting and waiting doesn’t always have to be the case. Many individuals also assume that most change is “bad” or that enduring change will consume or exhaust our energies. This negative outcome need not automatically be the solitary result nor should “change” only be dreaded or feared. Another aspect that must be recognized is that we possess inherent coping skills that allow unexpected life changes to be managed well. For example, what kind and how many changes has our *POWERtalk* organization engaged in the past 70-plus years? Were those changes expected? Did members participate in or influence those changes? Have those changes produced positive outcomes for subsequent generations? Have members utilized their abilities-skills-knowledge supply effectively to guide change in the best possible course? In this session, we will review the following elements so that individuals can better perform victoriously whenever personal and professional “significant events” appear in our lives.

PROGRAM OBJECTIVES

- Definitions of change
- Stages of change
- How to examine change
- Outcomes of change
- Identifying strategy options