

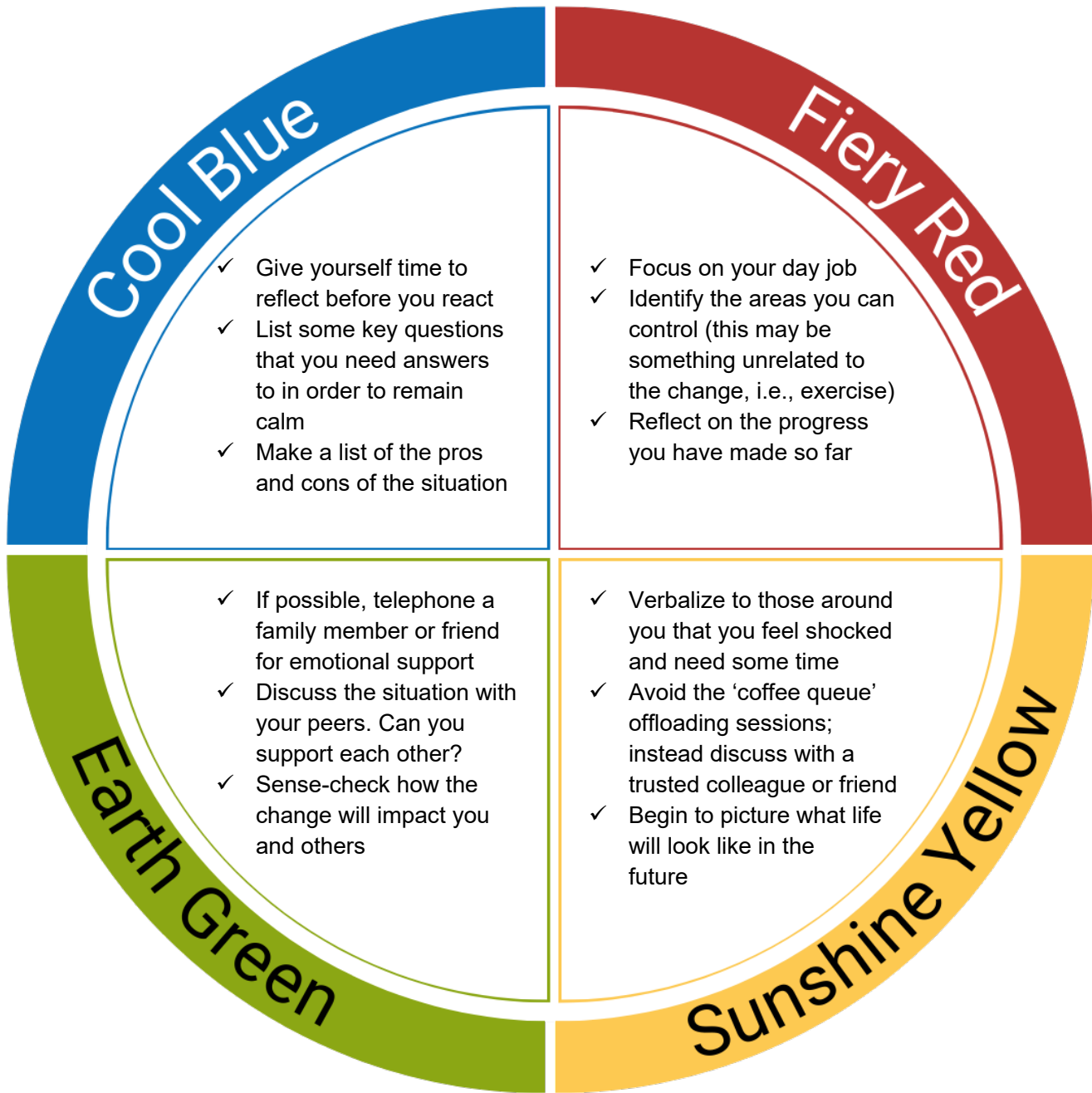
# Insights Change

## We All Deal with Change Differently



This document offers information to help you, and others, better process change. We all deal with change differently but there are things we can do to make the process less threatening to us. Use the tips below as they relate to your primary color energy. The next page offers general guidelines for dealing with change.

### Top Tips Linked to Your Dominant Color Energy



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### When dealing with change, consider the following...

When you are faced with change, review these tips. Choose 2 or 3 tips and consciously implement them to help you through the change.

- ✓ Don't be afraid to take risks. Do something rather than nothing; if it goes wrong, learn from it. Carry the wisdom – not the baggage.
- ✓ Set and manage people's expectations. Make sure those around you know how you are feeling. State the emotion rather than becoming emotional.
- ✓ Encourage feedback and act upon it. Ensure a two-way dialogue with others. Support and learn from each other.
- ✓ Be an advocate for the change. When you have worked through the key issues of any change, share your experience with others. Motivate and encourage those around you to embrace change.
- ✓ Share your vision! Have a clear, concise vision of where you are going to, what you are trying to achieve. Be able to articulate it clearly.
- ✓ Focus on what you can control. Focus your energy and mind on the things that you can control, not on the things you can't - it's physically and mentally energy draining and mostly pointless. Encourage others to do the same.
- ✓ Stop fighting change. Change can be stimulating and rewarding.
- ✓ Develop support relationships at work and home. People with friends on whom they can rely during stressful times experience fewer negative effects of the stress change.
- ✓ Build self-esteem. There is only one you. You have special talents and interests.

"If you don't like something, change it;  
if you can't change it, change the way you think about it."

- Mary Engelbreit