

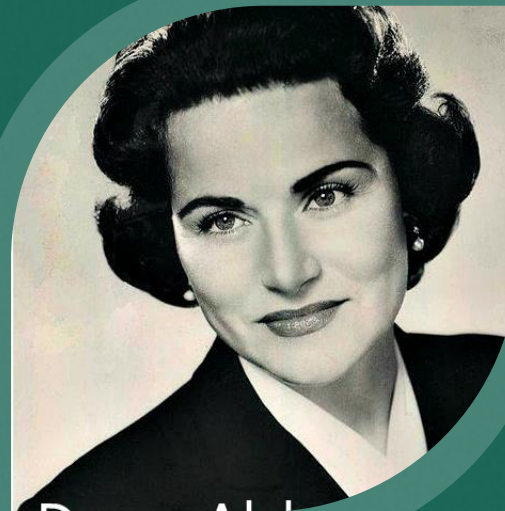
EMBRACING CHANGE



Reframing your relationship with change for personal and professional growth

ICEBREAKER

Name two guilty pleasures you acquired during the pandemic

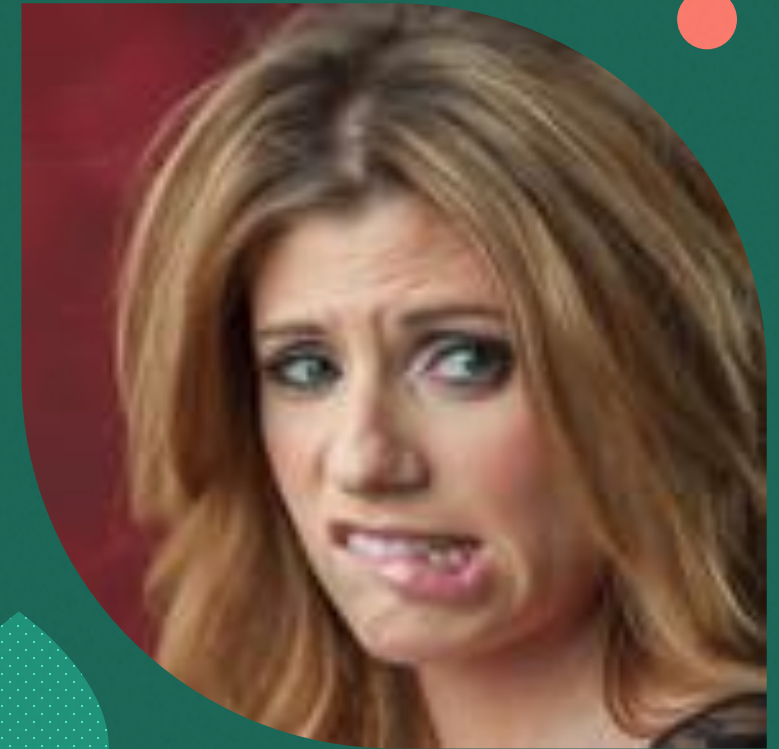


What is your relationship with change?

- Fear?
- Resistance?
- Acceptance?
- Escape mechanism?



Why does change make us uncomfortable?



LIKE IT OR NOT...

Change is inevitable

Little or no control

No change, no
growth

Every stage is part of the whole
story of our life, a foundation
for the next chapter



REFRAMING

your relationship with change

- Your attitude is the key!
- Look for hidden blessings
- Adaptability
 - Obstacles vs. opportunities
- Overcoming fear

YOU can CREATE
positive change



How has the pandemic affected you personally?

How you want to live going forward - what you want/don't want?

How do you feel about mortality—yours and your loved ones'?

Taking control of your health?

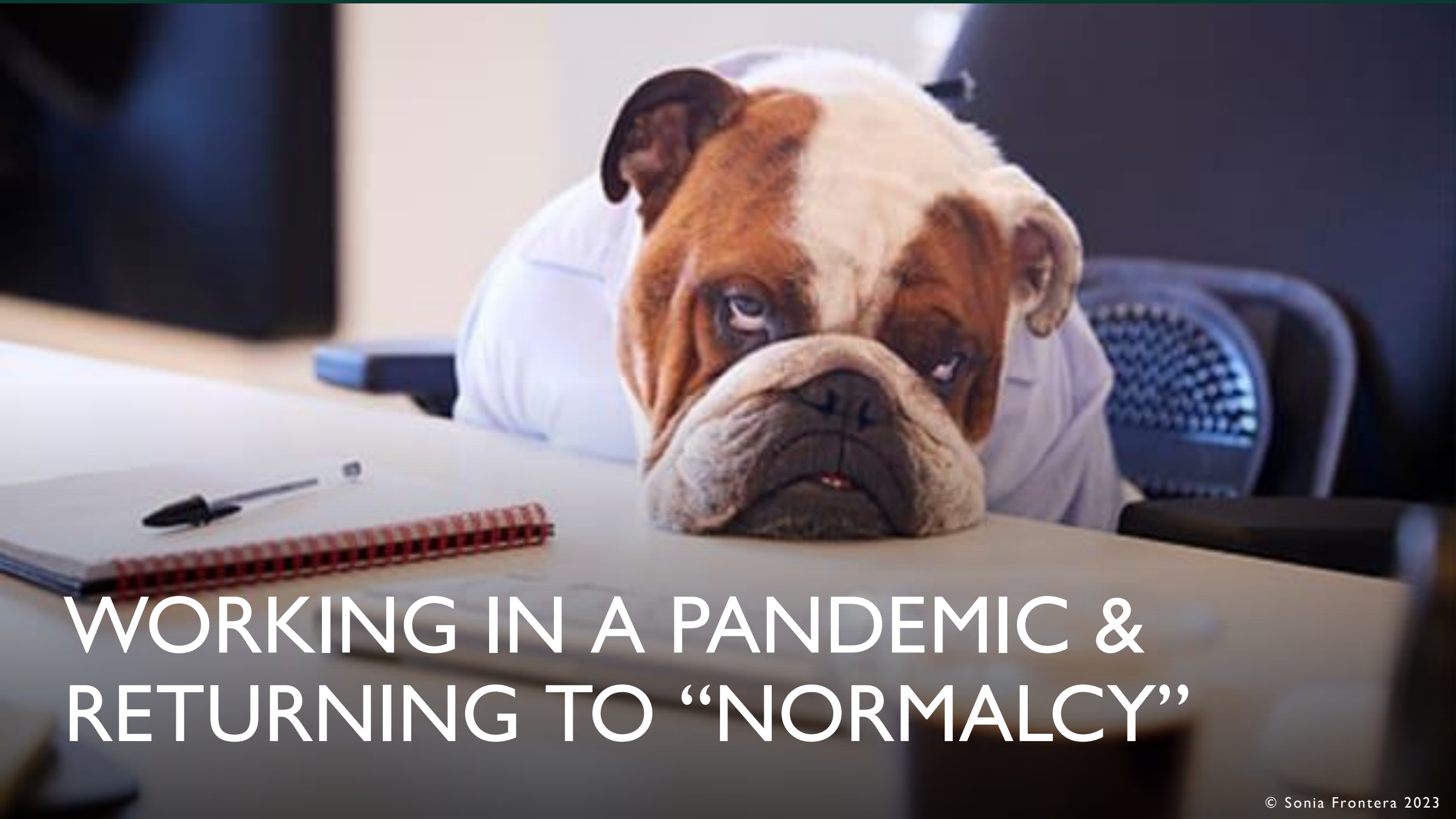
Have your priorities shifted?



Pandemic Impact on Family Relationships - Partners, Parenting & Parents

- Bonus togetherness: did it bring you closer or cause discord?
- Isolation from parents and elderly loved ones - overcoming worry and despair
- Sharing chores and workspace - how did you navigate thorny issues?
- Parenting in a pandemic - challenges of homeschooling and safety concerns
- What did you discover about your family members and your relationships?
- Coping mechanisms to preserve your sanity





WORKING IN A PANDEMIC & RETURNING TO “NORMALCY”

Adapting to Changing Working Conditions

- Physical vs. Remote
- Social vs. Solo
- Flexibility vs. Structure



PERSONAL SATISFACTION

- Do you enjoy your work?
- Does your work provide a balanced personal & family life?
- Does your profession advance your professional & financial goals?



NOW WHAT?????

Are your working conditions consistent with the life you wish to create?

Personal Discoveries

- Desire for new beginnings
- Hidden talents
- New interests
- Entrepreneurial itch



Identify and pursue opportunities for a satisfying career

- In your company
- In your industry
- New horizons
 - Investigate training opportunities
 - Invest in career counseling
 - Self-employment



What changes do
you wish to create
in your life?

A woman with long blonde hair, wearing a blue and white floral patterned jacket and blue jeans, is walking away from the camera on a wide, light-colored dirt road. She is carrying a small, dark, rectangular box or suitcase in her left hand. The road stretches into the distance, flanked by golden-brown fields and some red flowers on the right. The sky is a clear, pale blue.

You can create the life you want-- on your terms!

