

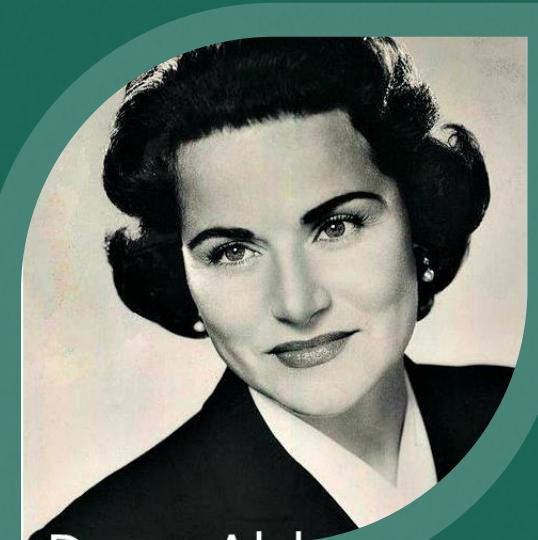
# EMBRACING CHANGE

A silhouette of a person with arms outstretched wide, set against a vibrant sunset or sunrise sky. The sky transitions from deep red at the top to a darker orange and then to a deep purple at the horizon, with faint clouds visible.

Reframing your relationship with  
change for personal and  
professional growth

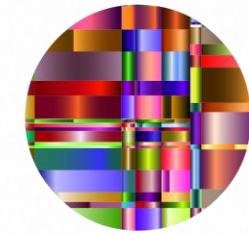
# ICEBREAKER

Name two guilty pleasures you acquired during the pandemic

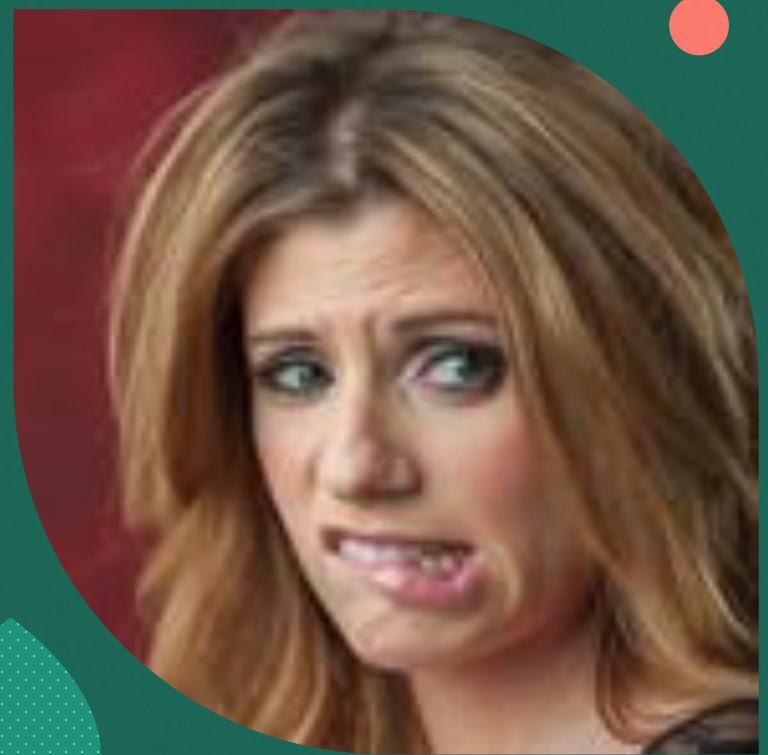


# What is your relationship with change?

- 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?

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

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

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Taking control of your health?

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Have your priorities shifted?

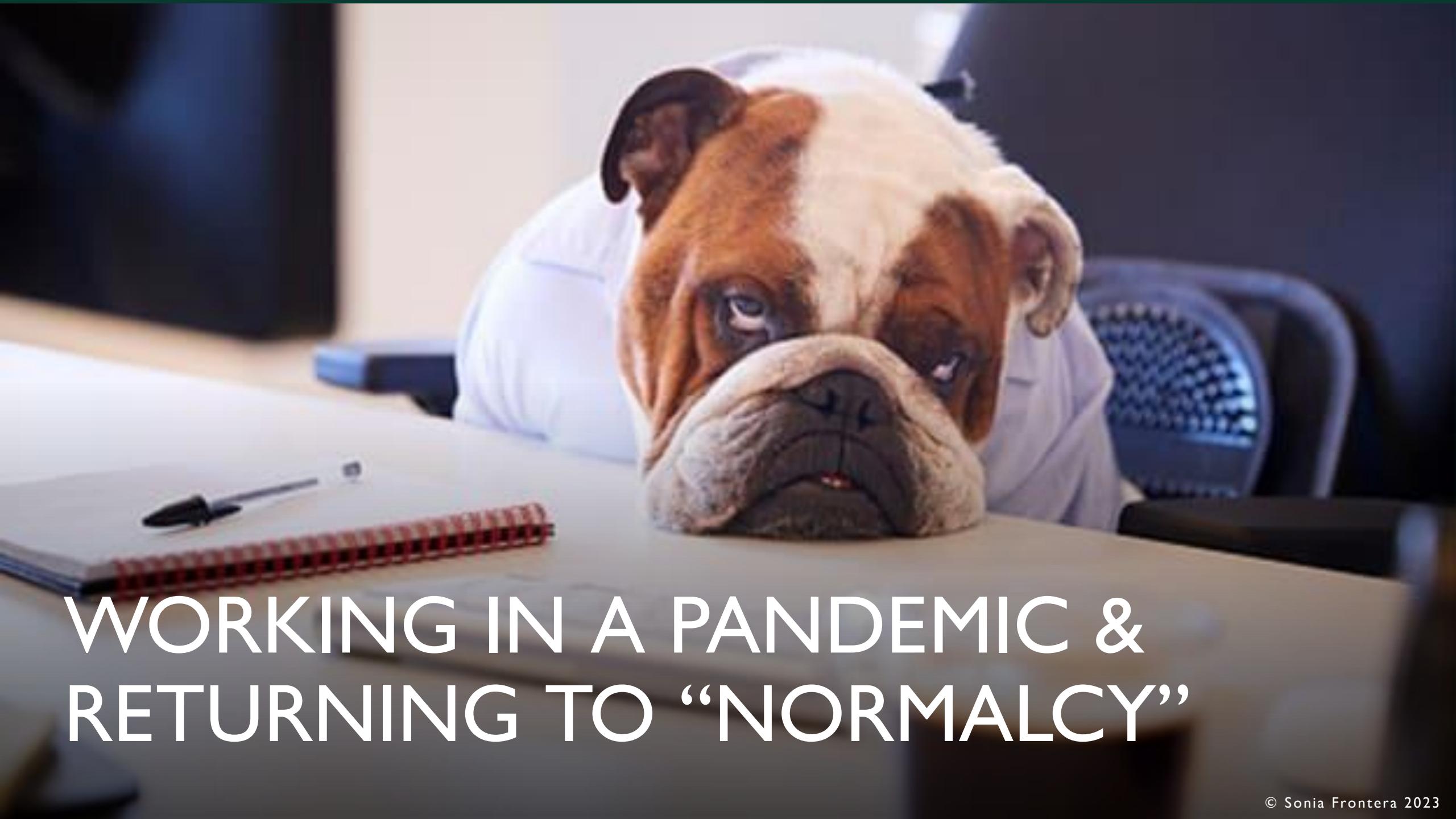
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# Pandemic Impact on Family Relationships - Partners, Parenting & Parents

- 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?



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

