



CHANGE TOOLKIT

'It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.'

Charles Darwin

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HOW TO MAKE CHANGE WORK FOR YOU

A short guide to why we fear change and how to cope with it.
(5 mins)



EMBRACING CHANGE ARTICLE

This article provides a few tactics to help you maintain a positive mindset the next time you find yourself in a change scenario.

(5 mins)



OVERCOMING AN IMMUNITY TO CHANGE

The Immunity to Change technique can help you diagnose the core reason why people are struggling to adapt to change.

(6 mins)



THE ADKAR MODEL

The ADKAR change management model shows how people and business elements should be managed in tandem for successful change.

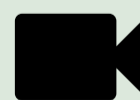
(4 mins)



EMBRACING CHANGE VIDEO

This short course explains how you can harness the power of change and benefit those around you by avoiding quick reactions and adopting a positive attitude.

(12 mins)



COPING WITH UNCERTAINTY

Things change fast, and dealing with uncertainty can be stressful. This short animation gives you 6 great tips for coping better in 'interesting times.'

(4 mins)

