

# THE PSYCHOLOGY OF CHANGE

TEAM SESSION PREWORK





<https://vimeo.com/441890345>



## DYNAMICS OF CHANGE:

1. Change is \_\_\_\_\_.
2. Change is \_\_\_\_\_.
3. \_\_\_\_\_ is normal.
4. Don't get \_\_\_\_\_.
5. Manage \_\_\_\_\_ transition.

## CHANGE VS. TRANSITION

Change is a

\_\_\_\_\_  
\_\_\_\_\_.

Transition is the

\_\_\_\_\_  
\_\_\_\_\_.

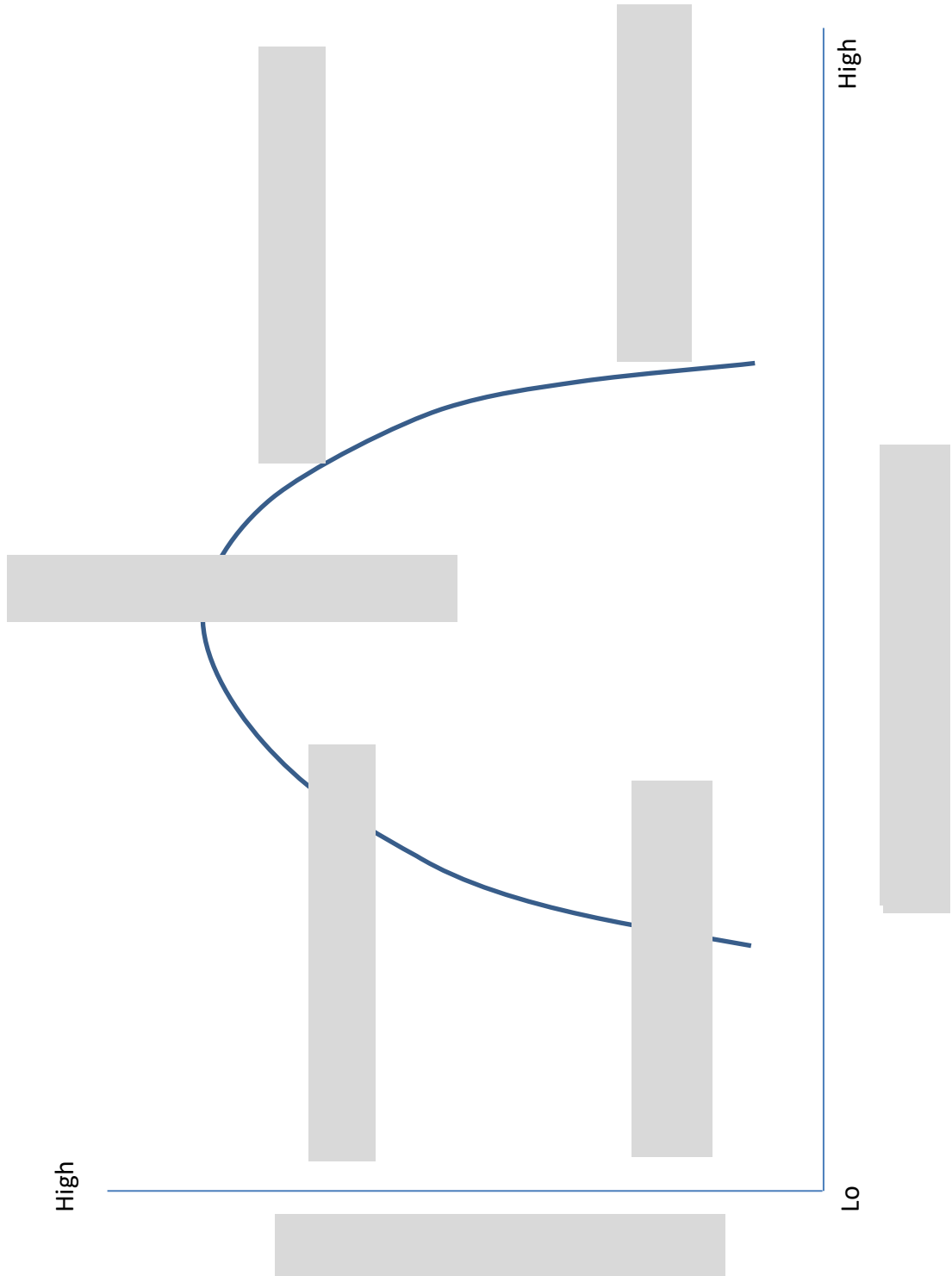
## REACTIONS TO CHANGE

1. Reactions are \_\_\_\_\_.
2. Reactions can be positive and/or \_\_\_\_\_.
3. Reactions are based on \_\_\_\_\_  
\_\_\_\_\_.



### THE PHASES OF RESISTANCE MODEL

Complete the model by filling in the labels in the gray boxes.





<https://vimeo.com/441892031>



### THE ULTIMATE GOAL:

Your Personal mission is to get through the change as \_\_\_\_\_ as possible and in as \_\_\_\_\_ a way as possible.

When learning anything new, \_\_\_\_\_ temporarily \_\_\_\_\_.

When we manage change successfully, the productivity dip is \_\_\_\_\_ and \_\_\_\_\_.

### PERSONALITY DIFFERENCES CAN EXPLAIN A LOT

1. Behaviours can be \_\_\_\_\_.
2. Behaviours can be \_\_\_\_\_.
3. \_\_\_\_\_ can be tailored.