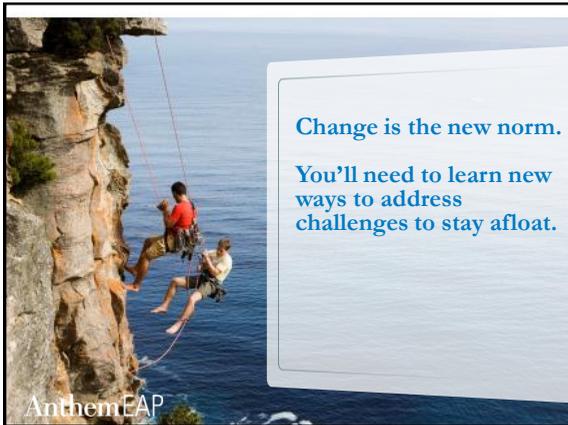
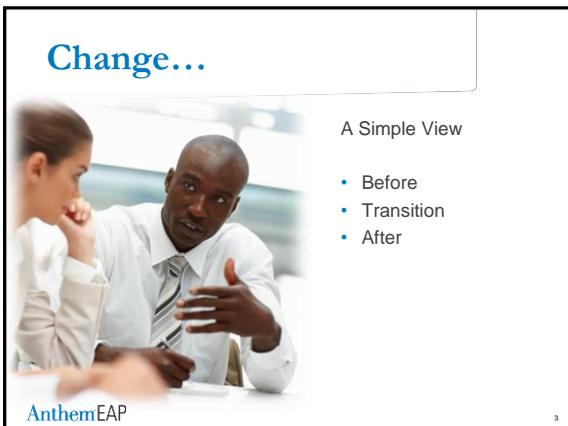


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Activity

Identify a recent change at work that challenged you.

What made it challenging?



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Types of Change

- Continuous
- Incremental
- Transformative
- Disruptive



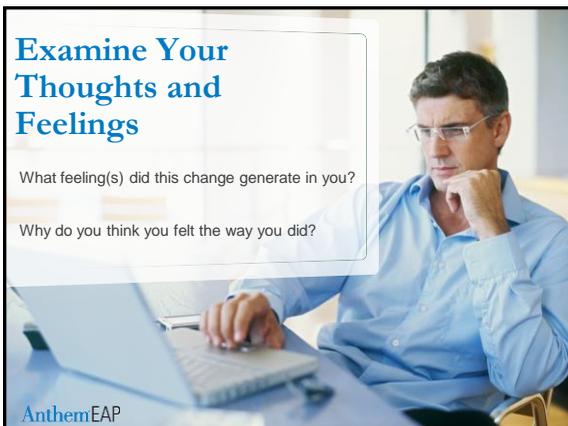
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Examine Your Thoughts and Feelings

What feeling(s) did this change generate in you?

Why do you think you felt the way you did?

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See how it plays out...

- Stay neutral
- Observe and notice
- Wait and see
- Be curious
- Remain open-minded

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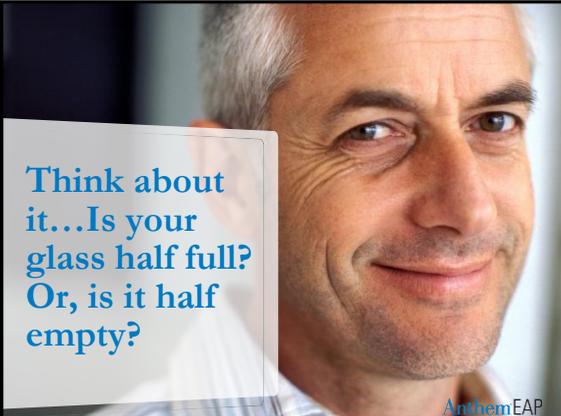
Talk with Supporters

- Normal
- Support
- Perspective
- Information
- Ideas



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Think about it...Is your glass half full? Or, is it half empty?

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Own Your Choices

- Will I like this?
- Will I accept this?
- Should I support it?
- Should I fight it?



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Influence the Process

- Question
- Learn
- Volunteer
- Suggest
- Problem solve



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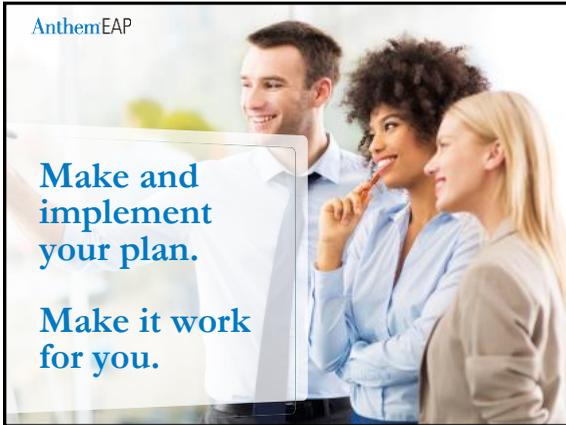
Seek Opportunities

"When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us."

- Alexander Graham Bell



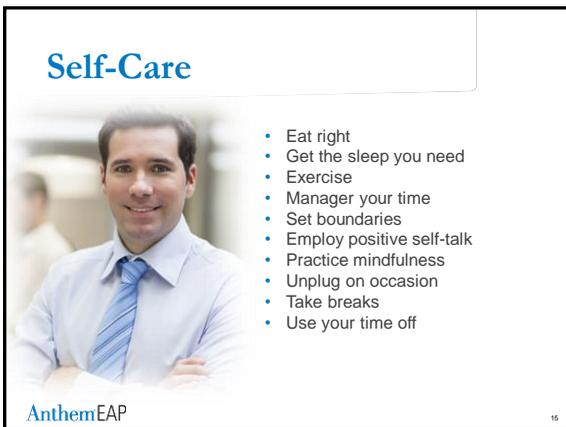
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How EAP Can Help ...

- Face-to-face counseling sessions
- Legal/Financial consultations
- Child/Eldercare consultation & referrals
- Daily life resources
- ID theft recovery
- Free credit monitoring
- myStrength – Health Club for Your Mind
- Let's Talk Depression – A Multi Resource Tool Kit
- Comprehensive website
 - Resources
 - Self assessments
 - Health/wellness library
 - Legal forms

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Questions?



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