



## ADJUSTING TO CHANGE

- Accept that change is inevitable.
- Look for the positive and find opportunities to grow.
- Develop support relationships and share your feelings.
- Clarify goals and expectations, and then move on.
- Be open and flexible.



# Winds of CHANGE



Change is inevitable. However, embracing change is sometimes easier said than done. Flexibility and open-mindedness are key to handling change because fear of the unknown is what makes most people uncomfortable. Focus on the positive side of change, and watch it bring new energy and ideas.