

Navigating Change Workshop

Name It:

Breathe. Review Mindfulness Handouts.

Experience It:

5 Stages of Grief, - Dr. Elisabeth Kubler-Ross

Flip It:

What story are we telling ourselves? Are their positives or potential positives?

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Engage It:

What do you hope for? Is it realistic? Potential obstacles? Potential resources?

Do It:

The 4 P's, "Managing Transitions: Making the Most of Change" –William Bridges

Notes:

Self-care: find what works for you!