

Managing Change and Cultivating Renewal in Times of Transition

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REFLECTION POINTS

CHANGE is here, change will happen to you, and change will send you reeling unless you have developed some skills and a mindset for managing it, understanding it and welcoming it and the opportunities that come along with it when it arrives.

So take a moment to take your gauge your own comfort around change ----is it high, low ---just how do you react when change is in the air in your life?

Think for a moment about the past 6-12 months, anything you've needed to let go of and had a little difficulty?

THE CYCLE OF CHANGE AND RENEWAL illustrates a normative change process that we will walk through many times in our lifetimes.

Phase 1: Go For It

Phase 2: The Doldrums

Phase 3: Cocooning

Phase 4: Getting Ready

Mini-Transition

Taking a look at the last decade or so of your life, can you identify the patterns of a chapter and the reworking of it in order to make it all work as long as possible?

There simply comes a time when you have no choice but to let go of a chapter in your life and move into a major change time.

Consider your adult life thus far, notice any stops in cocooning, any times when you've made some very big shifts?

What is most crucial is that as adults we know how to sustain and renew ourselves in all situations throughout our lives.

How will you maintain a self renewing stance in your life?