



In this third workshop, we wanted to provide you with a resource that supports you as you navigate change, especially in the context of lockdown restrictions easing.

There have been many life lessons to come out of the pandemic.

While this is true, it is very important to acknowledge and become aware of where we are in all this change. The aim of contemplating this is to better understand what we faced, have awareness of where we are, and transitively foster the tools necessary for resilience as we enter “a new normal.”

The aim of the following exercise is to allow you to become aware of your emotions when enduring uncontrolled change, apply knowledge of the stages of change, to then foster resilience when confronted with new uncontrolled changes.

Our recommendation is to use this resource as often as you can to be able to understand and identify where you are in the cycle of change and how to implement this tool to foster resiliency.

Exercise:

In application to oneself, allow yourself to explore a bit more. Following the steps in the first module, it **must begin with awareness**. Focus inwards, take a few deep breaths.

Contemplate your present moment in application to where you are on the stages of change, as it pertains to the changes brought on by COVID. Beginning at its start, contemplate all the changes that have happened, consider where you are on the stage of the change cycle in relation to the uncontrolled changes brought on by COVID.

You can use the space provided below to write/type it out:

In relation to moving forward, think about what stage of change feel you are in when considering the angst of re-entry back to “the new normal”

You can use the space provided below to write/type it out:

Contemplate, what you would need to assist in continuing to welcome and navigate change moving forward.

You can use the space provided below to write/type it out:

All tools are in the appendix on page 2.

Appendix:

Please watch the presentation of the first session to get a better understanding of these models before using them.

Change Model:

