



How do we respond to
change helpfully as
leaders in our
organizations, when...



Change is forced on us,
instead of willingly chosen?



Acknowledge what is
happening, and the
real-life consequences.
Be specific.



Don't see it a generalized
threat. This creates elevated
survival-based emotions.



Acknowledge the emotions you feel.



Naming the emotion (fear, anger, frustration) reduces its power over you.



Talk through your
potential reactions, try
out ideas with a neutral
third-party.



Find someone who will not be
affected by your company's
responses to these changes.
Don't suffer alone.



Our company has been talking a lot about change these past months.



Halcyon Northwest LLC
can help your people be ready
for change and embrace it
without fear.



Helping Organizations Prepare their People for the Future.

See what we're about.
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