

Positively Maneuvering Change in the Workplace

Objectives

During this webinar, we will:

- Identify the different types change
- Learn why change is important
- Describe ways to manage emotions in a changing environment
- Define proven methods of self-care in times of change

Presenter Introduction

Dixie Hoyt has worked with Magellan in the Employee Assistance Program for more thirteen years. Dixie is experienced in outpatient counseling and inpatient mental health and substance abuse settings. She has taught psychology, sociology, business, and wellness classes in local colleges and university.

She holds degrees and certifications as a Licensed Clinical Social Worker, Certified Employee Assistance Professional, and Substance Abuse Professional.

Change

What will happen to me?

How will my life change?

What will I lose?

Why did this happen to me?

What will I gain from this?



Types of Change

- Sudden Change
- Planned Change
- Incremental Change
- Positive
- Negative

Change Event and Reactions



Impact



Response



Acknowledgement



Awareness

Importance of Change

Why do we resist change?

Change “shakes things up”

Change is constant

“Change Favors the Prepared Mind”- Louis Pasteur

Resilience

- Ability to adapt to change
 - Resilient people see change as opportunity
 - Prepare for future changes
 - SWOT analysis
 - Consider the practice of mindfulness

Self care

- Take care of your body.
- Take care of your mind
- Socialize



Takeaways

Your Employee Assistance Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

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Resources

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