# EMBRACE, EVOLVE, EXCEL: ADAPTING TO WORKPLACE CHANGE WITH RESILIENCE



# RESOURCES

## **ONLINE ARTICLES**

Hancock, J. (n.d.). *The change curve*. Mind Tools. <a href="https://www.mindtools.com/au03rgg/the-change-curve">https://www.mindtools.com/au03rgg/the-change-curve</a>
Indeed Editorial Team. (2024, August 16). *11 Tips for dealing with change at work*. Indeed. <a href="https://www.indeed.com/career-advice/career-development/dealing-with-change-at-work">https://www.indeed.com/career-advice/career-development/dealing-with-change-at-work</a>

Kollo, A., & Baynton, M. A. (2024, August 20). *Coping with change*. Workplace Strategies for Mental Health. <a href="https://www.workplacestrategiesformentalhealth.com/resources/coping-with-change">https://www.workplacestrategiesformentalhealth.com/resources/coping-with-change</a>

Miroslavov, M. (2024, February 2). 8 proven ways to drive innovation in the workplace. *OfficeRnD Blog*. <a href="https://www.officernd.com/blog/innovation-in-the-workplace">https://www.officernd.com/blog/innovation-in-the-workplace</a>

#### **PODCASTS**

Grant, A. (Host). (2022, July 6). How to change your workplace (No. 49) [Audio podcast episode]. *WorkLife with Adam Grant* [Audio podcast]. Ted.

https://www.ted.com/talks/worklife with adam grant how to change your workplace

Stachowiak, D. (Host). (2021, April 7). Four steps to get unstuck and embrace change, with Susan David (No. 297) [Audio podcast episode]. *Coaching for Leaders* [Audio podcast]. https://coachingforleaders.com/podcast/297

# **VIDEOS**

Sinek, S. (2021, October 15). *Navigate and embrace change* [Video]. YouTube. https://www.youtube.com/watch?v=pUmTQ-86-YI

Worthy, C. (2023, May 30). *How to adapt to change in the workplace* [Video]. YouTube. https://www.youtube.com/watch?v=4kvs5YdFfyY

## QUIZ

Psychology Today. (2024). Resiliency test [Quiz]. https://www.psychologytoday.com/us/tests/personality/resilience-test



