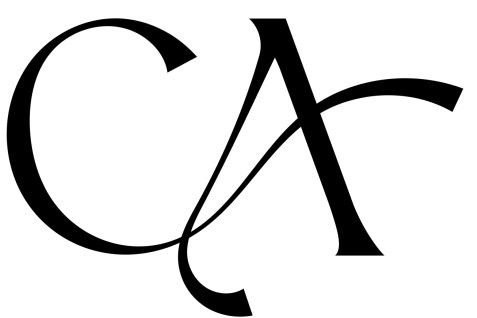


ADAPTING TO CHANGES IN THE WORKPLACE

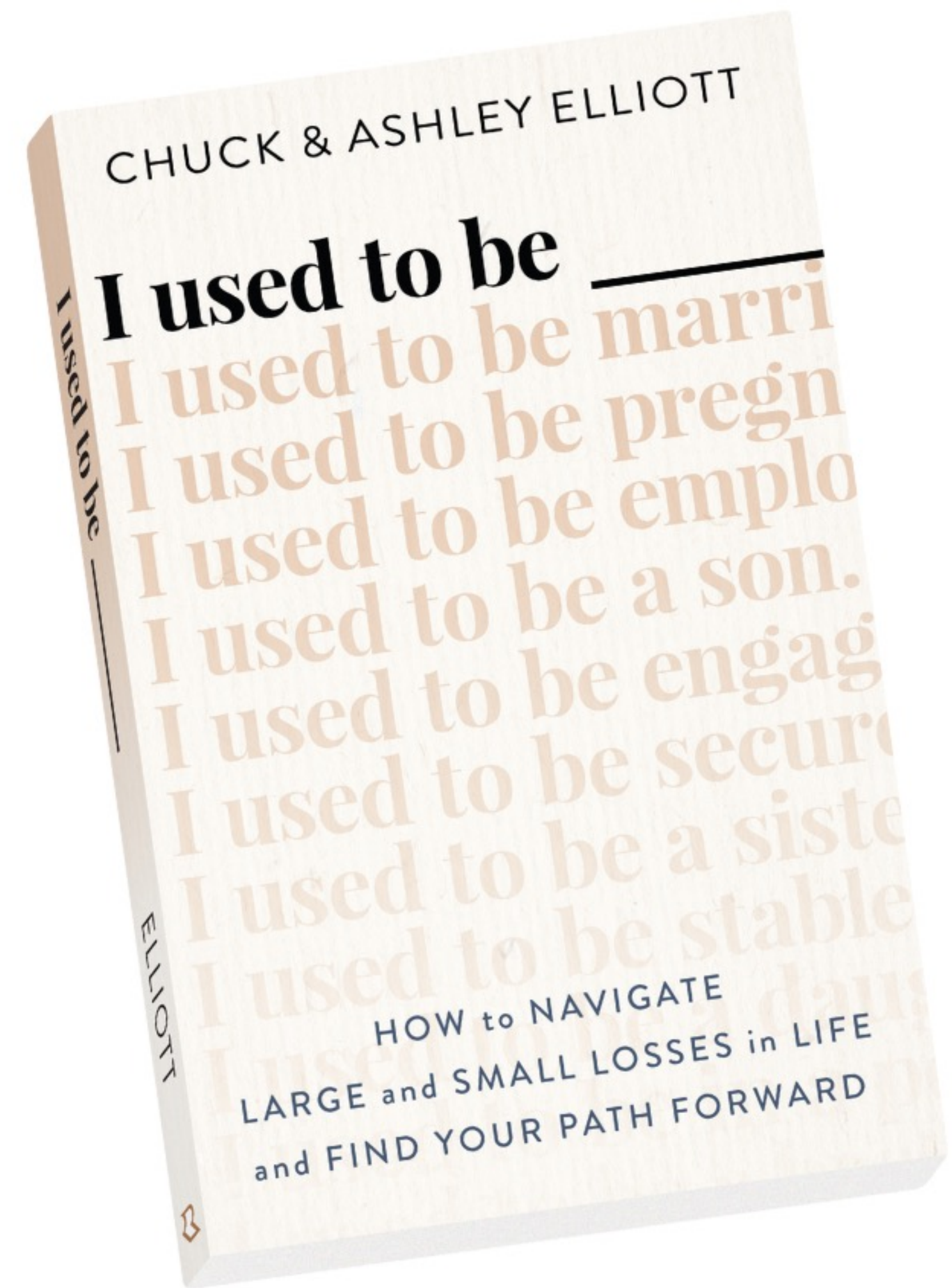
Ashley Elliott, MS, LMHCA



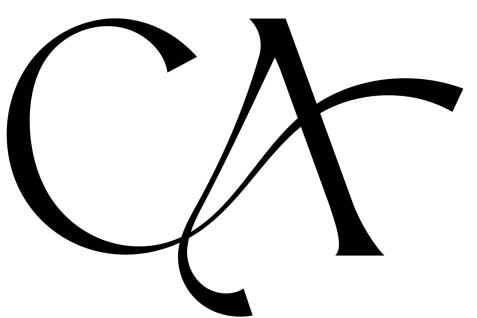


Ashley Elliott, MS, LMHCA

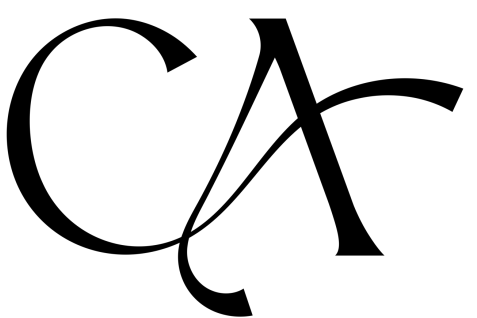
Author, Speaker, Licensed Counselor



WHEN A NEW **ROLE** IS CREATED,
WHAT ARE SOME OF THE
CHANGES THAT RESULT?



WHEN WE FACE CHANGE,
SOMETIMES WE FIND IT EASY
TO BE FLEXIBLE. WHEN?



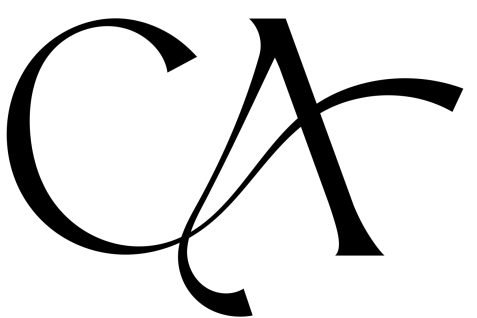
SWITCH

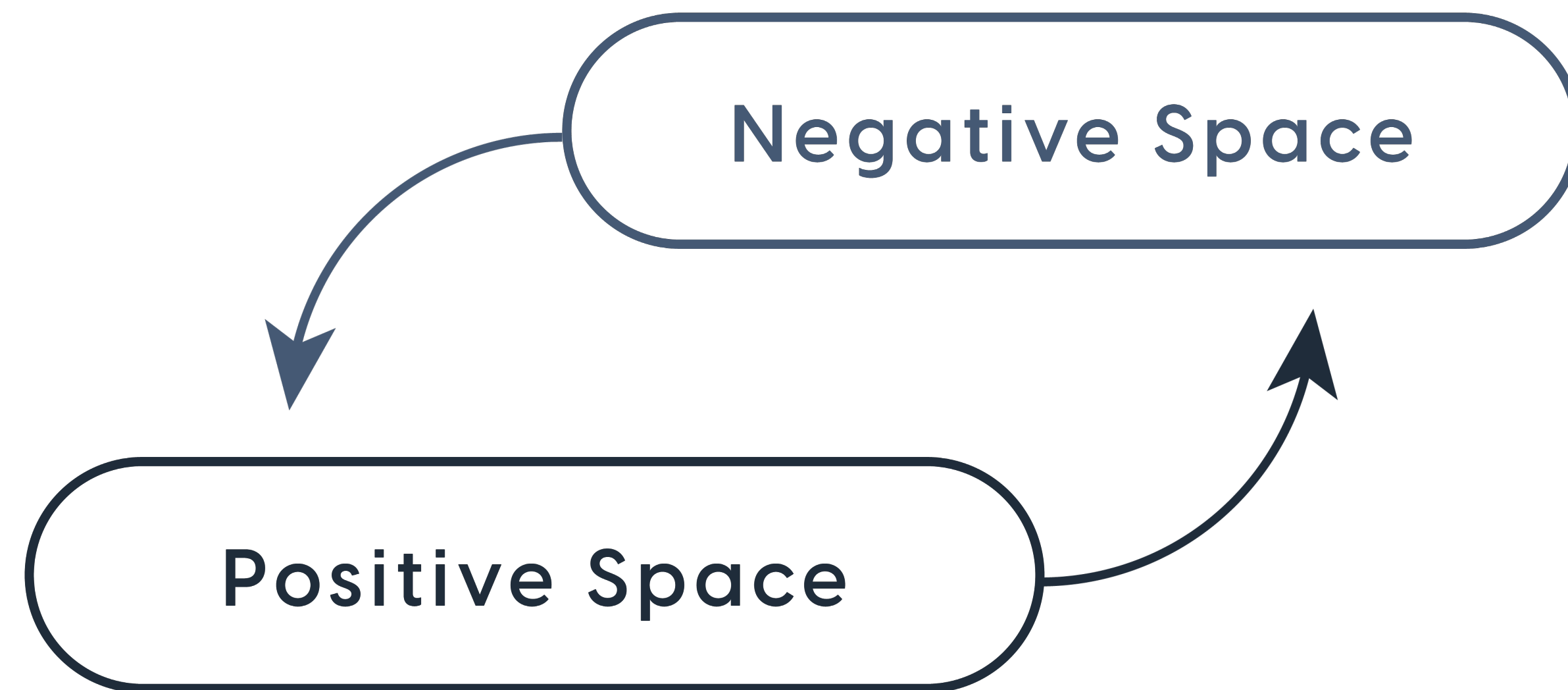
THEORY

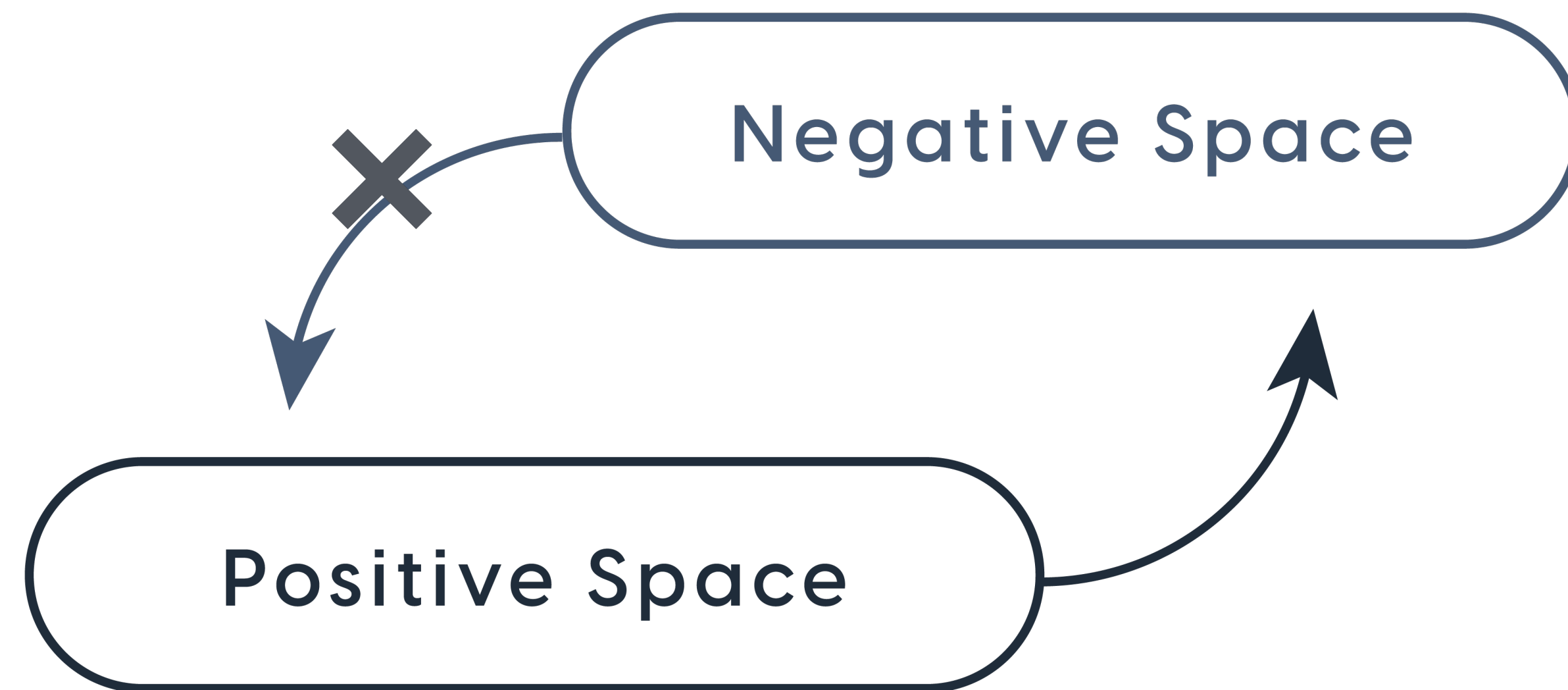


Negative Space

Positive Space





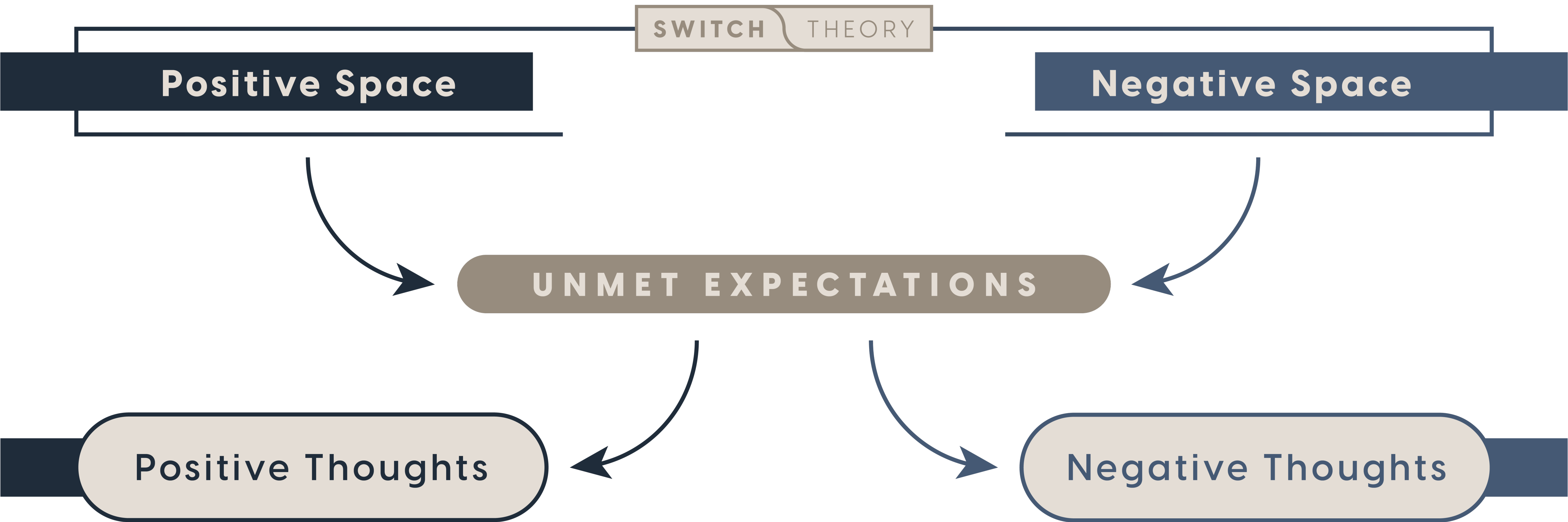


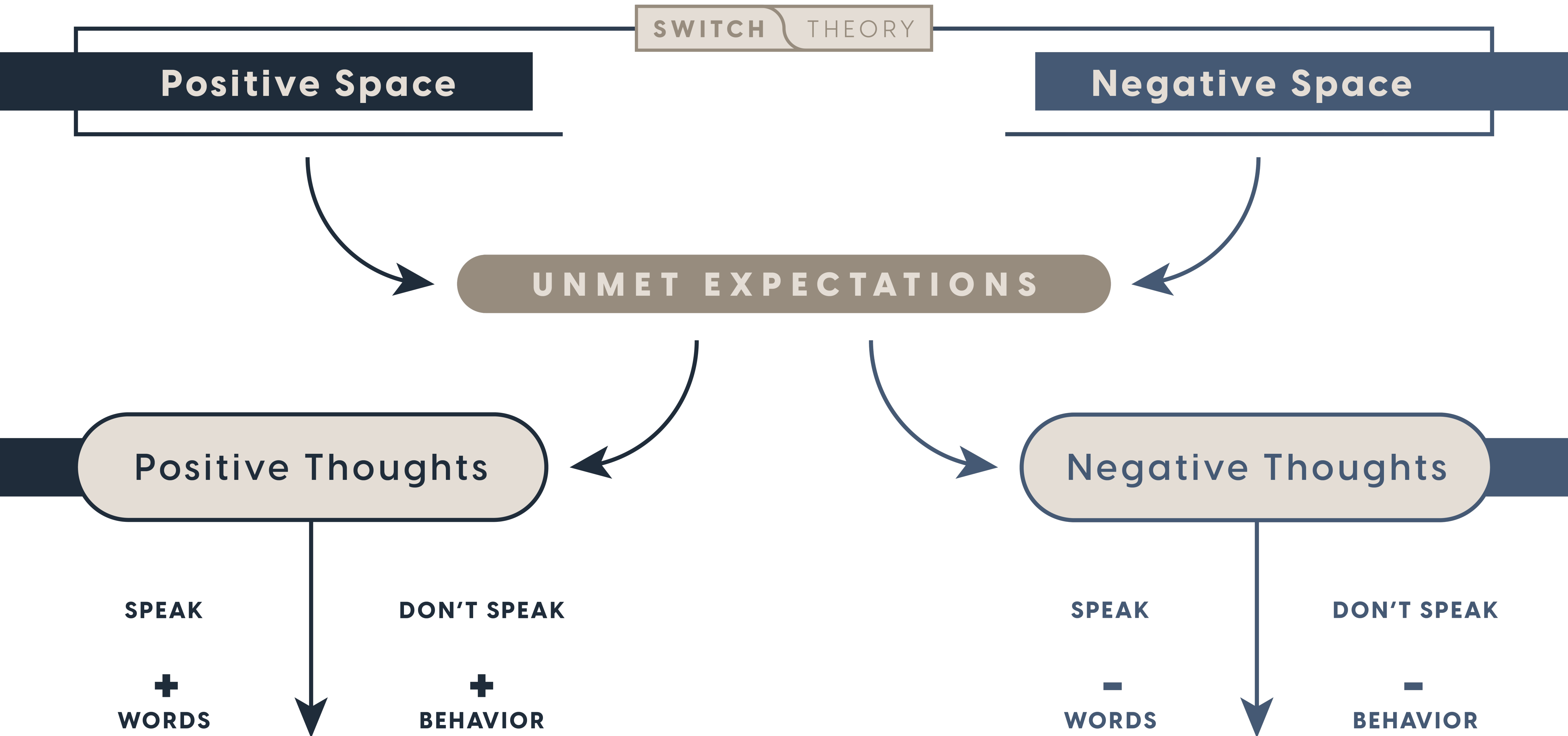
SWITCH THEORY

Positive Space

Negative Space









ARE YOU MORE LIKELY TO
SPEAK OR STAY QUIET WHEN YOU
FACE UNMET EXPECTATIONS?

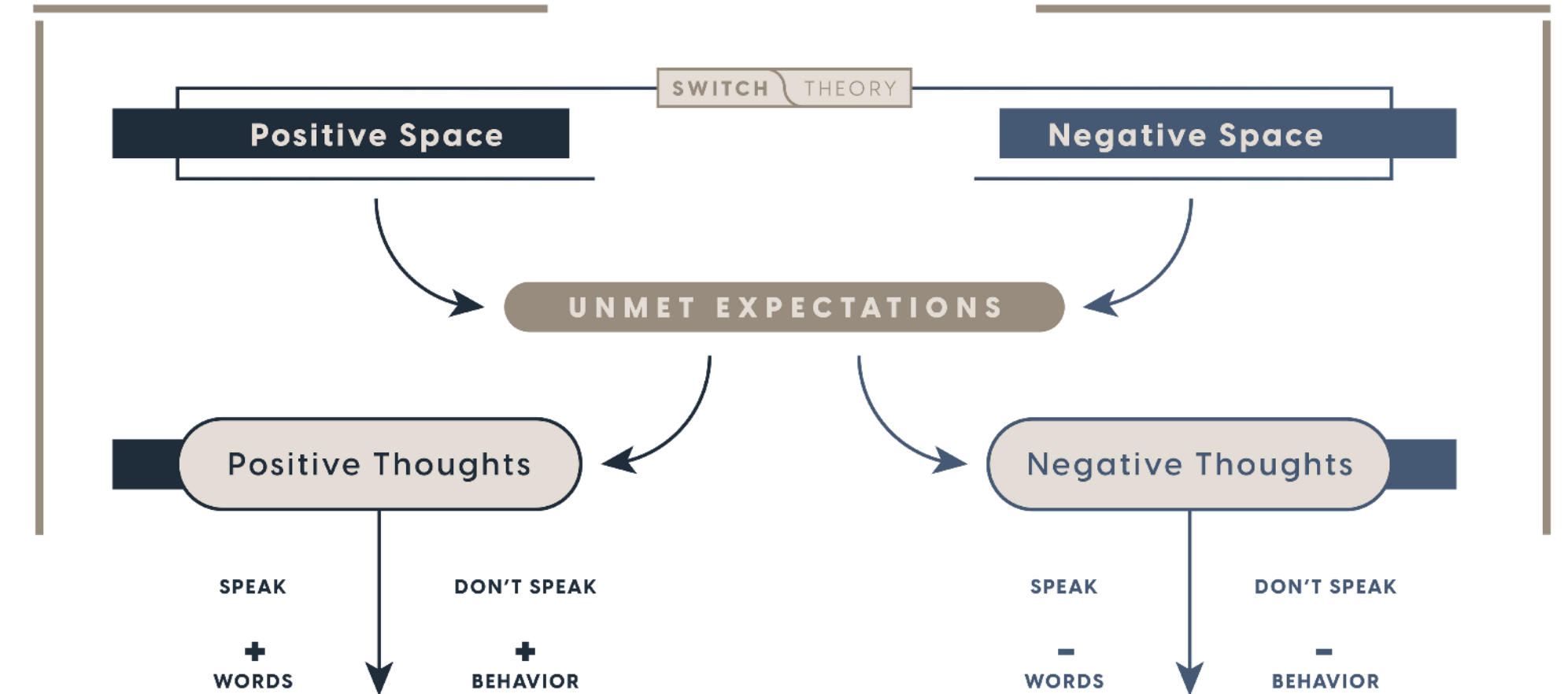


WHAT **BEHAVIORS** ARISE WHEN ONE
IS IN A NEGATIVE SPACE AND
CHOOSES TO REMAIN QUIET?

On your own, complete the

switch theory

worksheet!



POSITIVE SPACE
THOUGHTS

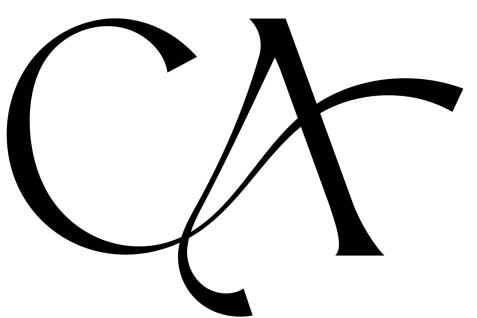
NEGATIVE SPACE
THOUGHTS

POSITIVE SPACE
BEHAVIOR

NEGATIVE SPACE
BEHAVIOR



WHAT CAN YOU DO
TO MOVE YOURSELF BACK
TO A POSITIVE SPACE?



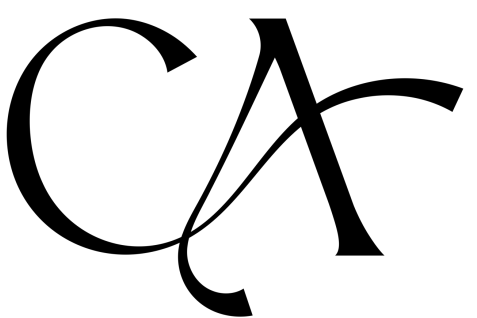
Use the Three A's to Change to conduct a manual reset

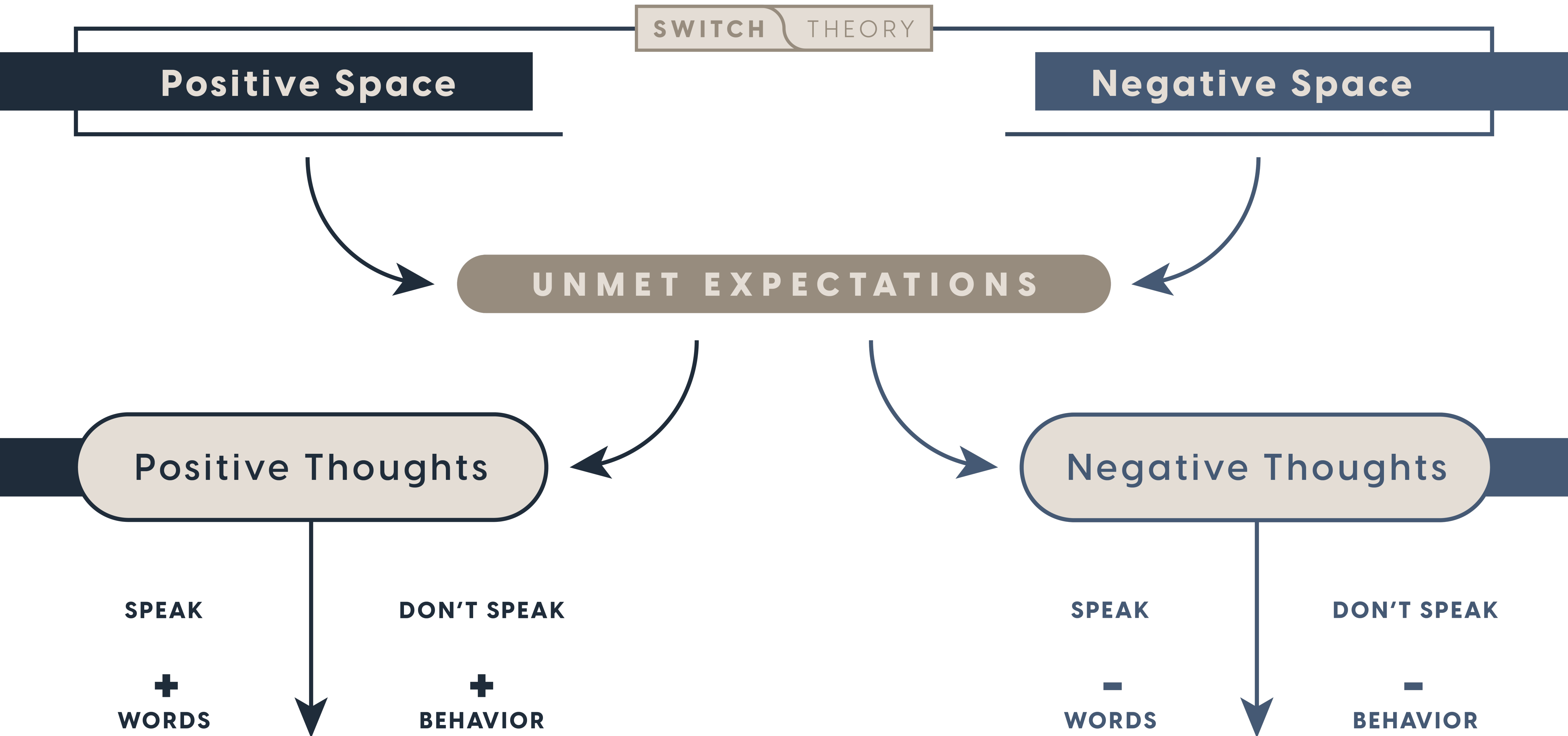
THE THREE A's TO CHANGE

Aware

Assess

Act

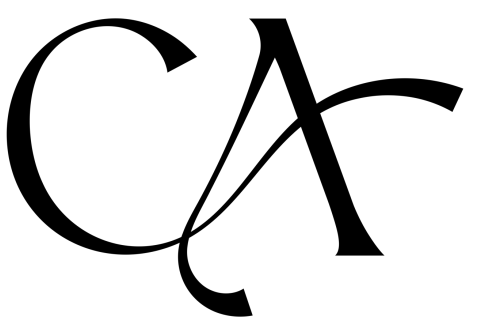




SUMMARY



1. WE CAN ADAPT WELL TO CHANGE.
2. WE ARE MOST FLEXIBLE & PRODUCTIVE
WHEN WE'RE IN A POSITIVE SPACE
3. EVERYONE GETS IN A NEGATIVE SPACE.
WE CAN MAKE A MANUAL RESET.



Thank you!

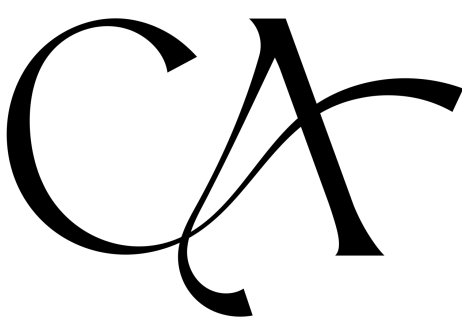
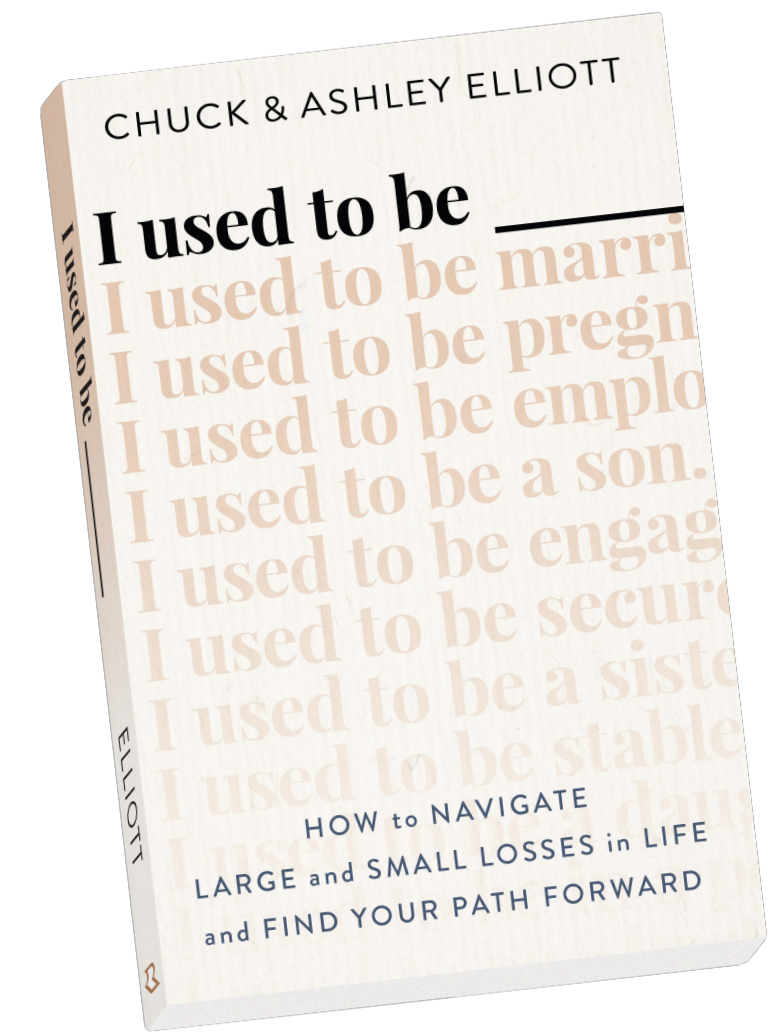
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