

A large, stylized graphic of a plant or flower. It features a single orange leaf on the left and several purple leaves on the right, all with white outlines. The background is a solid dark purple.

Growing through Change





The only thing constant
in life is change.

François de La Rochefoucauld

Understanding Change

Your Change Bank Account



Building your balance

- Lived experience
- Spending within your means
- Invest in yourself

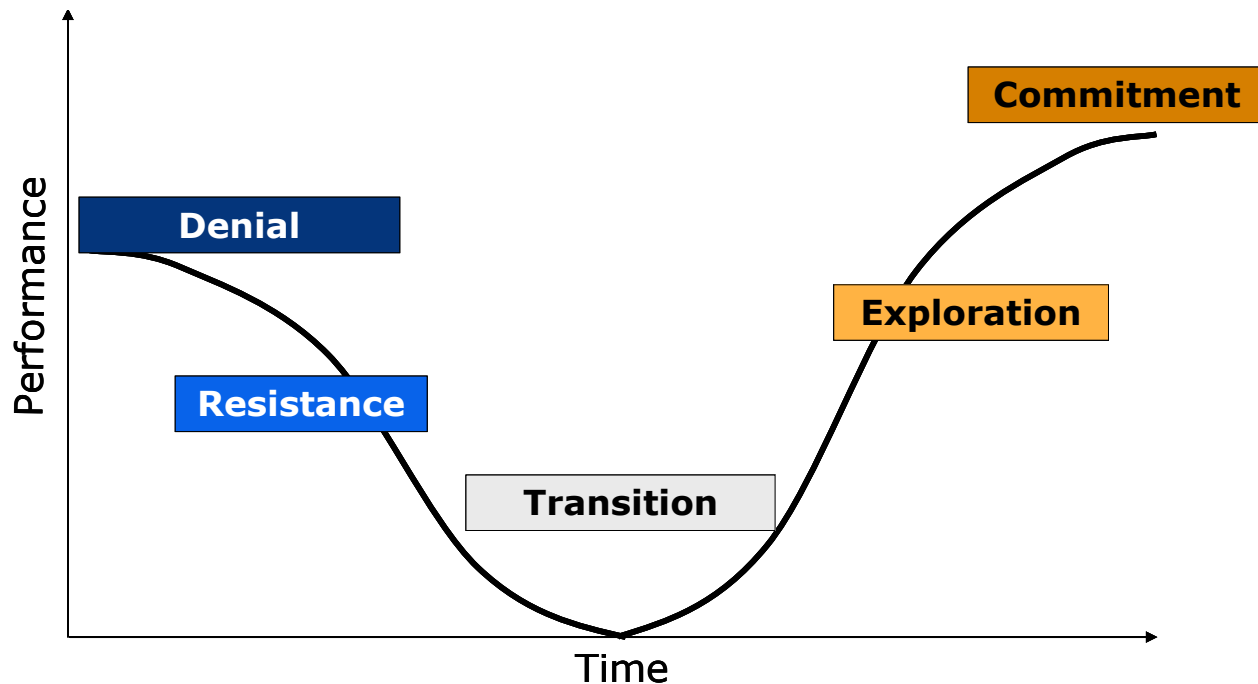


Over-Spending

- Experience doesn't match expectations
- Wasting funds on worry or resistance
- Under-estimating personal change

What's in your **Change
Account?**

Your Own Reaction to Change



Where are you on the “change curve”?

Understanding Resistance

- Resistance (*f*) change in status quo
- Degree of resistance affected by:

Knowing what to expect

Support available

Regular feedback

Opportunities to Grow

Career
growth is
organic





DON'T CARE HOW I WANT IT NOW

Discover your **passion**



Growth is like physical fitness



Advancement comes with Competence



70% Experience

Application, Practice, Volunteering,
Testing, Trying & Doing!

20% Understanding

Feedback, Self-Awareness,
Coaching, Mentoring

10% Knowledge

Classroom, Training, Books,
Certification

Connections **count**



Actions you can take NOW!

Networking

- Get to know people who have been there & let them get to know you

Curiosity Meetings

- Meet with someone you're inspired by; no agenda other than to learn

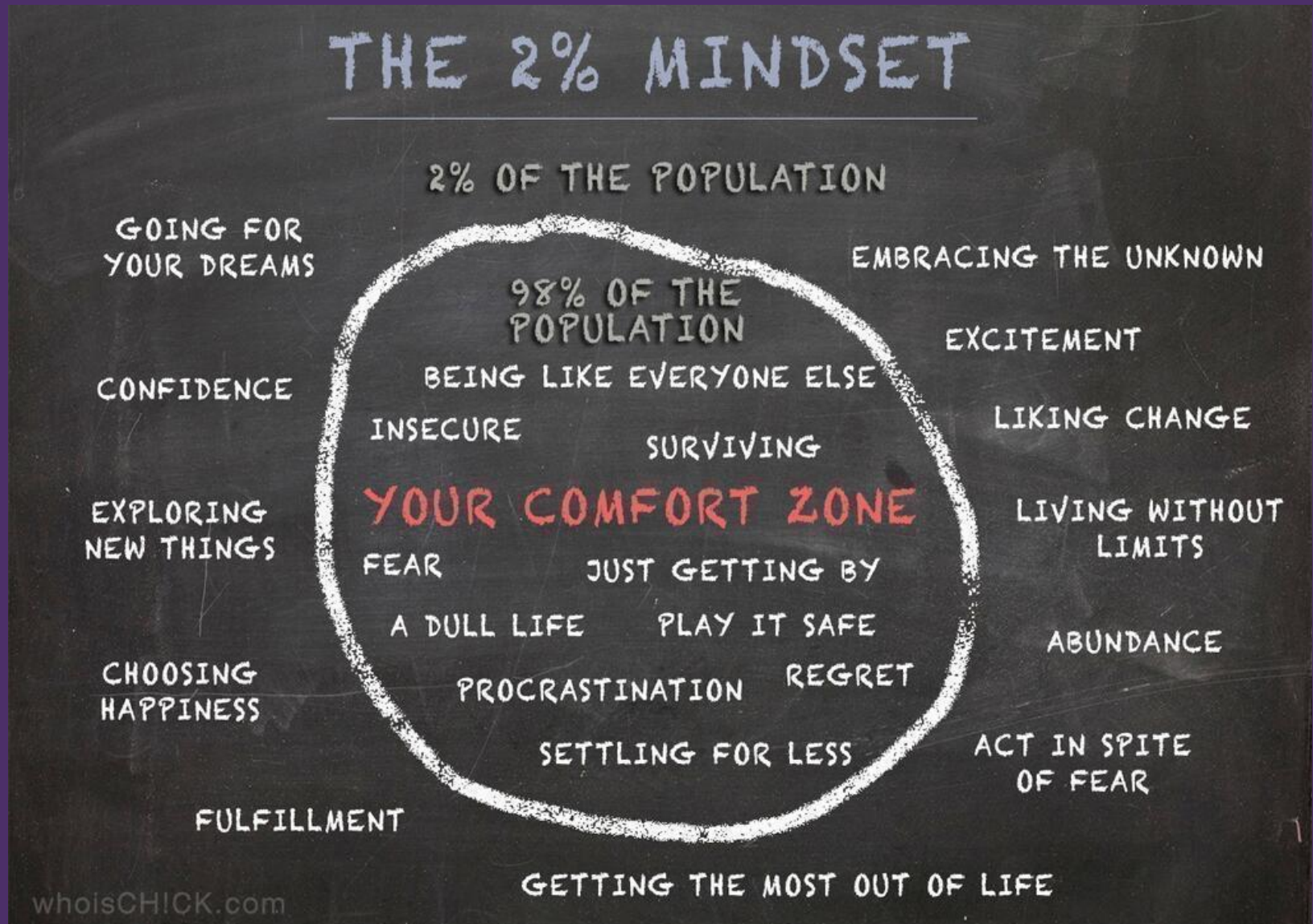
Feedback

- Let people know their opinion matters to you

Self-reflection

- Honest assessment of your own strengths and improvement areas

Get out of your comfort zone



Let go of
limiting belie



Thank You



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