**Transition Management Activity**

**Reflect on a major change that you’ve made in your life: a new job, getting married, leaving home, having a baby, etc.**

**Reflect on a major change in your life:**

1. As you made this change in your life, what ended?

*security, turf, status, influence, memberships, meaningful work, identity, control, relationships, etc*.

2. How did that make you feel?

*angry, scared, lonely, excited, relieved, wondering*

3. What helped (or might have helped) to make the transition easier?

*(talk to someone, time, information, knowing others were going through the same thing, ) What did you learn to avoid in the future?*

*4. What kind of outcome did you have?* ***What helped create a good outcome?*** *What would you do differently to avoid a bad outcome?*

**Share your thoughts with a partner. How can you and your team support one another during this period of change?**