

#4 Change as a Preference and a Process

What do you like about doing “change work?”

What do you not like about doing “change work?” (What do you lean on other people to do for you?)

If your area of work could thrive within the current context what would it look like?

How is that image different from before coronavirus?

What strengths could you offer?

What established relationships could be helpful in new ways?

What activities might you do to help others understand that you will need to make some changes?

What activities might you do to plan for coming changes? How will you “think them through?”

What activities might you do to increase adaptive resiliency in others?

What activities might you do to implement changes?