

Thriving Through Change with a Team

Explore lessons which can be completed in around 3-5 minutes.



Monday	Wednesday	Friday	Suggested Activities
<p><u>Building for Continuous Change</u> (3m 3s)</p>	<p><u>Move from Surviving to Thriving</u> (2m 57s)</p>	<p><u>The Support Continuum</u> (2m 14s)</p>	<p>Activity: Choose one of the five areas to invest in yourself this month to boost your ability to manage change.</p>
<p><u>The Relay Race of Change</u> (3m 39s)</p>	<p><u>Overcome Fear and Build Confidence</u> (3m 37s)</p>	<p><u>Adapt to Change by Embracing Leadership Skills</u> (4m 58s)</p>	<p>Activity: Consider how fear of change may be limiting you or your team. How could using some of this week's approaches help you move forward?</p>
<p><u>What is Unlikely to Change?</u> (2m 24s)</p>	<p><u>How to Have 1:1 Change Conversations</u> (3m 52s)</p>	<p><u>Five Approaches to Encouraging Change</u> (4m 22s)</p>	<p>Activity: Download the <u>1:1 Change Conversation Guide</u> found in the exercise files from Wednesday's video. Use it for your own reflection, or if you manage others, with your team.</p>

Join the [live Zoom discussion](#) on Nov. 3 from 12:00-12:30pm to connect with other participants as we discuss this topic and share our ideas.

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