Self-Reflection: How Have You Responded to Change?

Think of an instance when you were faced with a major change in the workplace. Then answer the following questions.

- How did you prepare yourself to make the change?

- What challenges did you meet along the way?

- Who or what drove you, or supported you, in making the change?

Self-Reflection: How Have You Responded to Change? (Continued)

Think about the most significant internal (personal) change that you have ever made. Then answer the following questions:

- How did you know that you needed to make the change?

- How did you prepare yourself to make the change?

- What challenges did you face?

- Who or what drove you, or supported you, in making the change?