

Who Moved My Cheese?



2008 Rehabilitation and
Transition Conference

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Workshop Objectives

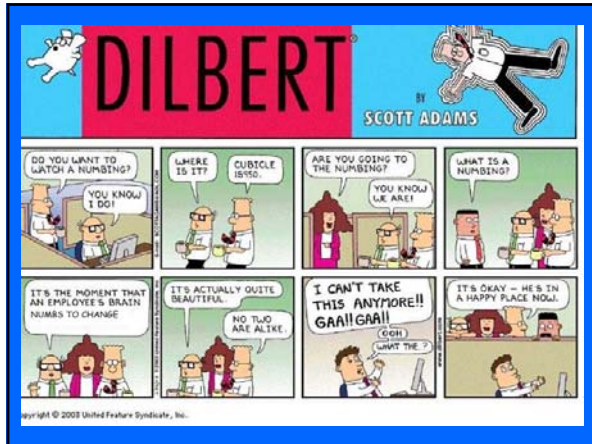
- Develop a positive perspective on change
- Identify the different ways people may react and deal with change
- Provide tools for riding the wave of change and actually enjoying it



Personal Reflection ...

- How do I typically view change?
- How does change make me feel?
- How do I typically respond to change?






Your Change History

- Describe a past professional situation in which you or others had difficulty dealing with change.
- What were the short-term outcomes?
- What were the long-term outcomes?
- What did you learn from this experience?

How do you feel when you are told to change quickly but do not know why?



Change Imposed is Change Opposed

**Having Cheese Makes You
Happy**



**Cheese is a symbol for whatever is
important to you**

**The More Important Cheese is to
You...**



The More You Want to Hold Onto It!

**Smell the Cheese Often so
You Know when It is Getting
Old!**



It is Safer to Search in the Maze than Remain in a Cheeseless Situation

Where will you find your new cheese?



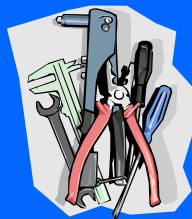
Moving Forward ...

Describe a current situation where you are having difficulty dealing with change. What are some positive steps YOU can take?



Using Your Tools

- Communication
- Attitude
- Data
- Plan /do/check/act
- Creativity
- What else ???





Who Said It?



- "If you want to make enemies, try to change something."
- "Everything changes, nothing remains without change."
- "It is not the strongest of the species that survives, nor the most intelligent; it is the one that is most adaptable to change."
- "I put a dollar in one of those change machines. Nothing changed."
- "Change is the law of life. And those who look only to the past or present are certain to miss the future."
- John Fitzgerald Kennedy - 35th President (1917-1963)
- George Carlin
- Buddha
- Charles Darwin
- Woodrow Wilson - 28th President (1856-1924)

24C Coaching & Consulting

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