



Leading Yourself and Others Through Change

The pace of change in organizations is moving faster than ever before. People and organizations must become courageous and change adaptive.

Becoming more change adaptive results in decreased stress, increased job satisfaction and effectiveness. Individuals that can accelerate through change quickly, hold a competitive advantage in today's dynamic workplace.

Change is a tricky thing to manage. Leaders need to navigate it with caution, but avoid being fearful of it.

It is important to understand that we all respond to change differently. Some people become uneasy with change. They may take longer to process and recover. Others will resist change because they like the status quo and are fearful of the unknown. The reality is that with any type of change there is always a level of uncertainty and anxiety for each person.

At Aria, we want to help leaders and their teams effectively lead themselves and others through change. Leaders can begin by reflecting upon and answering these three questions. They will enable you to eliminate outside noise and begin to focus on what is important. This is the first step to navigating change.

What is actually changing?

What will be different because of the change?

**Who will be the most affected
(positively or negatively) by the change?**



Visit us at ariacx.com to learn how we can help you and your team.