



# CHANGE IT UP

TYPE:

Change

GROUP SIZE:

Any

MATERIALS:

Pens/Pencils & copies of provided worksheet

INTRODUCTION:

Some of us enjoy change while others do not. We are going to engage in an activity that will help us address certain feelings and emotions associated with experiencing change.

DESCRIPTION:

Instruct group members to individually complete the provided worksheet. After approximately 15 minutes, subdivide into smaller groups (5-7). Give them 15 minutes to discuss their worksheets and prepare a 2 minute presentation of their discussion. Bring the groups together and begin the presentations. Facilitate a group discussion using the provided processing questions.

PROCESSING:

- What are some attitudes associated with change?
- What makes us perceive change negatively?
- How can an experience involving change be viewed as positive?
- As a group, how do we manage change?
- What can we do to be more successful as we encounter change?

VARIATIONS:

To facilitate this exercise in less time, ask small groups to fill out the worksheets as a team. Adapt the worksheet questions to address specific issues faced by your organization.

OUTCOMES:

- Address issues associated with change
- To improve communication
- To build group cohesiveness

REMEMBER:

- Introduce the exercise
- Explain it thoroughly
- Process it completely