

Transitioning to New Destinations

Introduction:

We have found that transitions have distinct phases and we need to better understand their progression. When we are able to determine where we fall on the following “curve,” we understand what is happening to us; the reasons behind our reactions and behaviors; and that we will be proceeding to another predictable phase in the “inevitable” process...

Core Theme 1: *Revisiting Our Abilities to Adapt to Change...*

Discussion Exercises

- A time line exercise...What does this time line tell me
- Transitions’ Phases...What They Mean to You
- The Transition’s Cycle ...A continual learning and growth
- Selecting a Transition to Explore...The Ground Rules

Core Theme 2: *Living Into A Transition Is Challenging Work...*

Introducing the Transitions Planning Workbook...

- What is happening?
- How am I reacting to what is happening?
- How do I feel about what is happening?
- When will it be time to move on?
- Do I see a new option/s?
- What now?

Core Theme 3: *Tools That Enable Me To Move Forward Effectively...*

Discussion Exercises and Performance Tools

- Defining and Presenting a Personal Purpose...
- Introducing a Skill and Interest Assessment Workbook...
- A Tool...Introducing Making a START...
- A Tool...Introducing Holding the DOOR open...

Core Theme 4: *“It Couldn’t Have Worked Out Any Better...”*

Discussion Exercises

- What...Me Worry? Some thoughts for your consideration...
- Building a vision of an outstanding transition...
- A recap...Reviewing how we got to this point...

Core Theme 5: *“Defining the key steps to a successful transition”*

Discussion Exercises

- 10 Tips on Managing Change...A Round-Robin Discussion
- Living in Gratitude: Creating Our Own Stimulus Package
- Setting a positive and optimistic mind set...Setting a new tone

Core Theme 6: *“Personally Engaging in Making my Transition Happen”*

Discussion Exercises

- Editing the vision of the transition
- Defining how the vision was achieved
- Participant small group presentations
- Mentoring others
 - My transition has taught me
 - How I will personally use this learning in the future
 - How I will share this learning with others