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Objectives

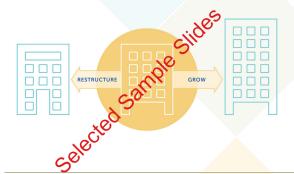
- Develop an understanding of the positiology of change
- Increase awareness of the impact of your MBTI® type on your respondent to change
- Understand others' responses to change
- Enhance your abite to manage your response to change in a positive and constructive way





Change and Organizations







ACTIVITY



Responses to Change

Individually:

- Think about a significant change of experienced recently
- Answer the questions on page 4 of your worksheet

Then, in pairs:

Discuss your gewers (5 minutes per person)





Constant Change, the New Norm





Extraversion and Introversion Preferences and Change





People who prefer EXTRAVERSION typically want



People who prefer INTROVERSION typically was

Interaction	Reflection
Time to talk	Time to think
To process out loud	To process internally
Involvement	Charticipation after consideration
To meet	Space to contribute
To discuss	To read



Remember...

- People who prefer Extraversion also like to have some time to think and reflect on changes
- People who prefer Introversion to share their thoughts and tail so selected others about changes



ACTIVITY My Myers-Briggs[®] Type and Change CONTINUED



Using your report or booklet.

- What challenges do you experience during the Endings/losses stage of transition? What can help you through this stack
- When in the Neutral zone/transition period, what are your bigges concerns? What can help you through this stage?
- Once the charge is complete and there is a New beginning, what is your biggest contribution? What conget in the way of your being fully committed?

ACTIVITY Summary



What did you learn about yourself today

What will you do differently in the when experiencing change?



