

* HOW TO MANAGE CHANGE SUCCESSFULLY *



Accept the 'new normal'

Instead of rejecting or resisting change, accept the new normal to decide what to do next and move forward.



Take control of your choices

Differentiate between what you can and can't to focus on choices that can help you sustain the change.



Take stock of your emotions

Prioritise your internal experience to ensure your emotional-well-being as you process through change.



Take Action

When you take action steps in the direction of new normal, you can focus on finding solutions.



Embrace change.

Change always presents opportunities to grow. Think long-term about the bigger picture and reframe your priorities.