

*Change Is The  
New Constant!*



How to Thrive in a World  
That's Always Evolving

Change Is The New Constant ©

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## INTRODUCTION



People with the most predictable and regimented routines can see their regularly scheduled lives turned upside down. That happened in 2020 with the COVID-19 pandemic, which started in Wuhan, China, in late 2019 and began its march worldwide.

No one was spared the impact of this devastating change. Millions died, and even more became sick or hospitalized. Stay-at-home orders and enforced lockdowns were the norm. The way we worked, shopped and educated our children quickly changed.

So many aspects of modern life were drastically changed, and many of those new experiences were harrowing.

The National Center for Biotechnology Information reports that COVID-19 cost the U.S. a staggering \$16 trillion in lost output and

health expenses at the height of its impact. That's just one country. It's hard to quantify how much the pandemic cost the world financially or in terms of mental and physical health and wellness.

That is a dramatic example of unpredictable change causing many negative life experiences.

The change we usually deal with daily is fortunately easier. That doesn't mean it can't be challenging at times. Any change we are forced to face can impact our personal and professional lives.

Since change often appears without asking for permission or giving us any advance notice, its effect is magnified. We are unprepared.

This course was created to keep that from happening. It teaches practical strategies for navigating change and minimizing its negative impact. Here's a quick overview of what you can expect as you navigate this course.

**Module 1: Understanding Change** explores the many forms change can take. We look at its impact on your life and some of the reactions you might have. This module closes with a list of some common reasons people instinctively resist change as their initial response.

**Module 2: The Change Process**

teaches the different stages of emotions and responses you will experience when significant change enters your life. This section of your course discusses how to navigate your emotional journey in the best possible way. You are given

strategies for managing the uncertainty you often experience when change catches you off guard. Then, we look at the role of communication in facilitating successful change.

**Module 3: Building Resilience in the Face of Change** walks through the characteristics of resilient people. There are certain traits people display when they recover quickly from a setback. We'll give you some strategies for developing those traits and building resilience.

**Module 4: Leveraging Change for Growth** reminds you that change can be good. It may be a wonderful opportunity in disguise. This final module of your course gives you proven strategies for turning challenges into opportunities. Finally, you learn how to develop an action plan to use when you encounter change in the future so your experience is as good as it possibly can be.

Each module ends with a bullet list of important takeaways from the lesson. This provides a quick and easy reference to the course material. You are also given exercises to reinforce the main points in each module.

Upon completing this course, you will be well-equipped to face change confidently and support others when they are dealing with significant change. Turn to Module 1 to explore the nature of change and how it can impact your life.