OWN THIS MOMENT:
Change, Transition & Transformation



We are bridge building.

- **Feel empowered** in the differences between change, transition and transformation
- **Practice the process** of transforming transitions
- **Identify an upcoming change** they want to make transformative
- Know that **I'm on your team**



"Something's gotta change. This isn't working anymore."

"These first few weeks in my new role aren't as smooth as I expected."

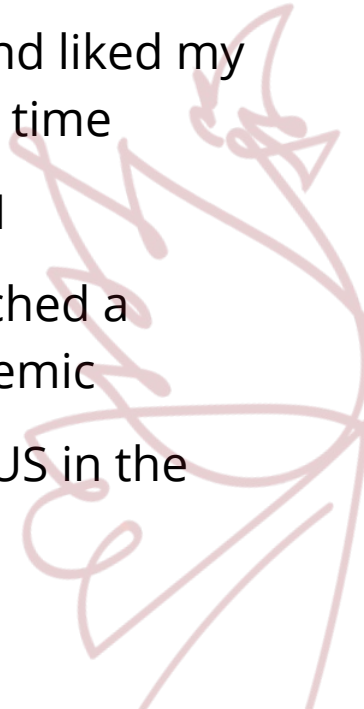
I guide women in turbulent moments of change and transition to create opportunity for transformation.

It's so nice to meet you!

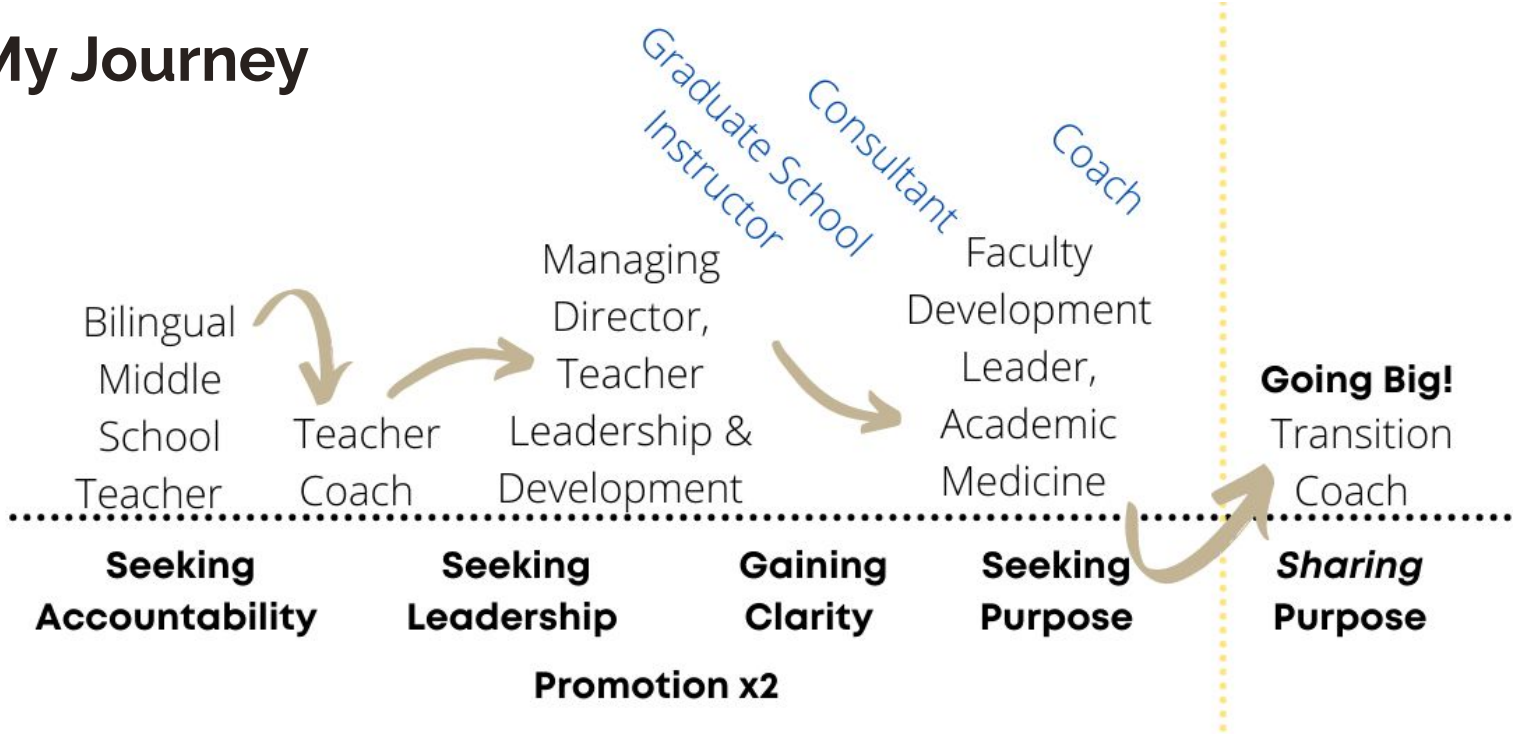
I bet we've got some things in common - like CHANGE.

Here's some of mine:

- Moved to Ecuador at 18
- Lost my Dad at 22
- Got promoted 2x and liked my job a little less each time
- Got married in 2021
- Quit my job & launched a business mid-pandemic
- Might move out of US in the coming year



My Journey


Graduate School Instructor
Consultant
Coach
Bilingual Middle School Teacher
Teacher Coach
Managing Director, Teacher Leadership & Development
Faculty Development Leader, Academic Medicine
Going Big! Transition Coach
Seeking Accountability
Seeking Leadership
Gaining Clarity
Seeking Purpose
Sharing Purpose
Promotion x2

Now let's talk about some change YOU'VE experienced.

Get ready for Menti!

CHANGE

The modifications we can see in the world around us.

- Jobs
- Relationships
- Hairstyles
- Living situations
- Seasons
- Furniture
- Pets

What do you do when something changes?

The weather gets warmer.

Family is staying with you.

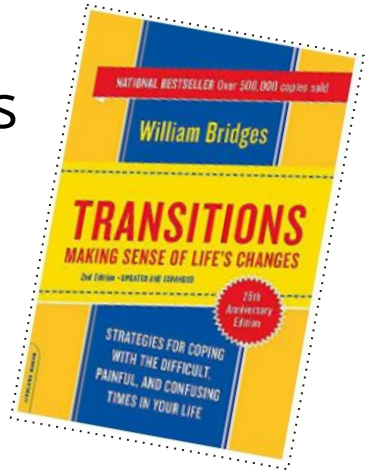
You leave your job.

TRANSITION

The mental & emotional process to interpret, react to and move on from change.

The thing we so often get wrong!

- Define the endings
- Reflection in a Neutral Zone
- Define the beginnings



Defining the Endings

What do I have now that won't be the same?

What will be different about how I spend my time?

What routines / ways of being / habits might I have to stop?

In what ways will the people in my life change?

What will no longer be true for me?

What do I have/know now that I'll no longer need?

Discussion Pairs:

1. Share the change you've chosen to focus on
2. Define the endings of this change

~2 minutes per person!
(Ugh - Claire, why do you have to be like that?!)

Welcome Back!

Reflection in a Neutral Zone

- What emotions come up for you in this Endings Reflection?
- What do you find most important now?
- What do you most want?

Reflection in a Neutral Zone

My offering: *You can make any moment fulfilling, self-actualizing, joyful and possibility reaching.*

→ You can live with a sense of purpose.

→ You can work, live, love at your highest potential.

→ You can exude joy.

→ You can reach your goals and then set more.

Discussion Pairs:

1. What do you most want for your life next?

-OR-

2. What would it be like to live in a way that's fulfilling, self-actualizing, joyful and possibility - reaching?

~2 minutes per person!
(Ugh - Claire, why do you have to be like that?!)

Welcome Back!

TRANSFORMATION

Existing in a sense of love & confidence of who we are; opening up the possibility of thriving through anything.

- **Visualizing** and **choosing** what most serves you
- **Building** a plan to get there
- **Persisting** and **adapting** as serves you

Move toward your next, chosen beginning.

A **Acceptable** - What is the minimum you could do?

I **Ideal** - What is the maximum you could do?

M **Middle - What is a momentum-building, realistic, stretch action?**

S **Specific FIRST step** - what exactly is your initial move?

M **Measureable** - How will you know it's time to dance in the kitchen?

A **Achievable** - Is your initial step truly possible to achieve?

R **Reasonable** - How reasonable is it for you to think this can be done at this time?

T **Time-Oriented**- By when exactly, will you take your first step?

Learnings Recap

- [x] **Feel empowered** in the differences between change, transition and transformation
- [x] **Practice the process** of transforming transitions
- [x] **Identify an upcoming change** they want to make transformative
- [x] Know that **I'm on your team**

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