

ROLLING WITH LIFE'S TRANSITIONS

SEPTEMBER IS A MONTH OF TRANSITIONS...

We are transitioning from the summer to the fall, going back to school, and saying hello to shorter and cooler days. We may also be working through expected or unexpected changes in our professional and personal lives.

Changes and transitions can be either positive or negative, planned or unexpected, but are always life altering.

SO, HOW DO WE SUCCESSFULLY TRANSITION THROUGH LIFE'S CHANGES?

The words “change” and “transition” are often used interchangeably. However, there is a subtle difference between the two...

CHANGE- the act of making something different

TRANSITION - the psychological response or feeling toward that particular change

CHANGES ARE DIFFICULT, BUT THEY PROMOTE PERSONAL GROWTH.

Dealing with life's transitions successfully can lead to an increase in strength, confidence, skills, and knowledge that may prepare us for a similar situation in the future, and greater self-awareness. It is important to be present and utilize coping skills and other tools when going through life transitions so that it does not exacerbate any negative feelings.

BRIDGES TRANSITION MODEL

ENDINGS

**NEUTRAL
ZONE**

**NEW
BEGINININGS**



The Bridges Transition Model is a 3-stage model used by both organizations and individuals to assist in fostering successful transitions in the workplace and/or home environments.

1

ENDINGS

EMOTIONS: FEAR, DENIAL, ANGER, SADNESS, FRUSTRATION, LOSS

Every transition starts with an ending. In the Ending stage, we learn to let go and accept the loss that comes along with the transition.

Think about: How can we apply our new skills and knowledge once this change takes place.

2

**NEUTRAL
ZONE**

EMOTIONS: RESENTMENT, LOW MORALE, LOW ENERGY, ANXIETY, SKEPTICISM

This is a bridge between the old and the new. In this stage we become acclimated to the change, but may still be unclear about many things.

3

EMOTIONS: HIGH ENERGY, OPENNESS TO LEARNING, RENEWED COMMITMENT

This is the acceptance and increased energy phase. We begin to embrace the change, and build the skills we need to work successfully.

DID YOU KNOW...



Career transitions can be complex and overwhelming. It requires careful planning, goal setting, and thinking through the why, what, and when before deciding to make a career change.

SOME THINGS TO THINK ABOUT ARE:

- ✓ WHAT DO I WANT TO DO?
- ✓ WHEN WILL THE CHANGE HAPPEN?
- ✓ WHY DO I WANT THIS CHANGE?

When thinking about changing careers from Wall Street to entrepreneurship, Jeff Bezos developed the **REGRET MINIMIZATION MODEL**...

Use the regret minimization model the next time you are planning a career change by asking yourself this question...

IN 5 YEARS, WILL I REGRET NOT DOING THIS?



**YES!
(GO FOR IT!!)**



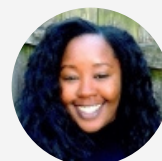
**NO
(DON'T BOTHER)**

QUICK TIP:

HOW TO ROLL WITH LIFE'S TRANSITIONS

1. Manage expectations & expect to feel uncomfortable
2. Focus on opportunities
3. Identify your values and life goals
4. Engage in self-care & utilize your support. Accept that change is a normal part of life
5. Acknowledge what has been left behind & keep going

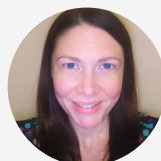
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