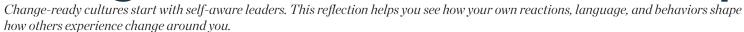
Change Leader Self-Reflection Map





AS A CHANGE LEADER...

...what are my WEAKNESSES?

How do I reduce buy-in & commitment? Where do I create worry or stress, undermine, or demotivate?

...what are my STRENGTHS?

How do I build buy-in and commitment? Where do I bring others along, inspire, or encourage?

CHANGERESISTANT

What behaviors (intentional & unintentional) do others SEE from me when I am...?

What type of speech (or specific words) do others HEAR from me when I am...?

THE EMOTIONAL JOURNEY OF CHANGE

Reflect on a specific substantial change you have experienced in your career. Where did you fall on the change readiness spectrum during this time?

CHANGE READY

What behaviors (intentional & unintentional) do others SEE from me when I am...?

What type of speech (or specific words) do others HEAR from me when I am...?

STRESS RESPONSES

Which stress responses am I most likely to experience? While all change can be stressful, are these different when I am change ready versus change resistant? How do my stress responses affect others in the workplace?