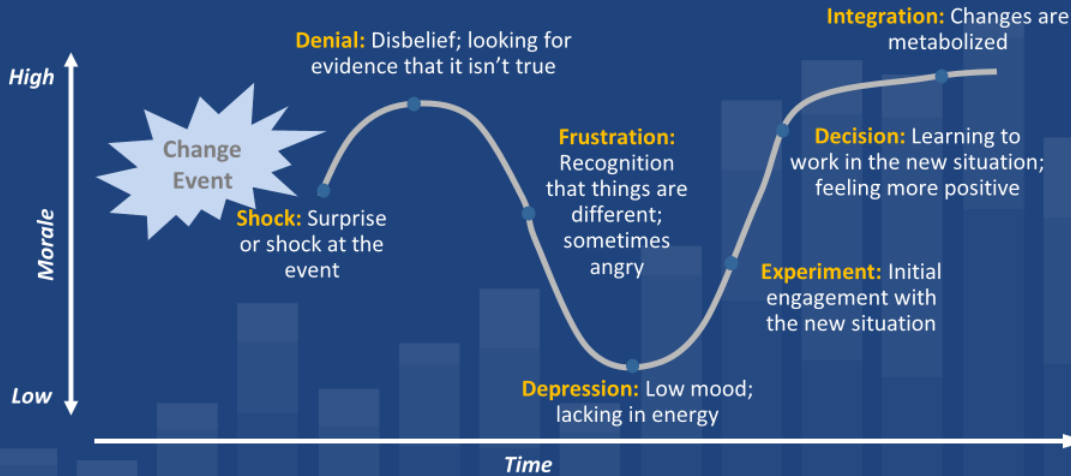


The Change Curve

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* Adapted from Kübler-Ross, E., & Kessler, D. (2014). *Life lessons: Two experts on death and dying teach us about the mysteries of life and living*. New York: Scribner Book Company.

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The Change Curve - Application

Audience	Application
Yourself	<ol style="list-style-type: none">1. Map where <u>you</u> are on the change curve.2. What is one thing that will move <u>you</u> forward?
1:1	<ol style="list-style-type: none">1. Have individuals map where they are on the change curve. Ask them, "What is one thing that will move you forward?"2. Have them reflect on past changes and how they've experienced those.
Team Meetings	<ol style="list-style-type: none">1. Have the team build a collective map of their change curves. Brainstorm actions to move the team forward.2. Use the change curve to 'frontload' upcoming changes, or remind others of the range of normal responses.