Tips for Dealing with Change

Getting Comfortable with Personal Change in a COVID-19 World
by Winnie da Silva
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- Get in touch with your feelings
  - Feel what you are feeling, but don’t get stuck.
  - Do something you enjoy, take a break.
- Let go of what you can’t control
  - Differentiate between influence and control.
  - Remind yourself why you don’t have control.
  - Choose to focus your attention on something other than what you can’t control.
- Work on seeing things from a different perspective (= reappraisal)
  - Our reality is how we define it - something that seems bad could be good.

Actionable Steps:
- Identify where you need to manage uncertainty now and in the future:
  - Acknowledge what you’re feeling.
  - Acknowledge what you can’t control, write it down, get it out of your head.
  - Shift perspectives – something that is a problem, could be an opportunity.
- If you were able to get better in one of these areas how would it help you?
- Write down at least one thing you will do differently to manage the uncertainty to come.

Getting Comfortable with Professional Change in a COVID-19 World
by Terry R. Yoffe
President, Certified Personal and Professional Development Coach, Business Coach, CPCC, PCC
TRY Coaching

- Transform your fixed mindset into a growth mindset
  - Don’t look back and hope for things to return to how they were, instead look ahead and navigate where you need to go.
  - Be adaptive and able to pivot at any time.
  - Deal with ambiguity and operate outside of your comfort zone.
- Take the reins and take action
  - Be confident and speak up - embrace feeling vulnerable.
- Understand that YOU are still the same
  - Your experience, expertise and skills haven’t changed.

Actionable Steps:
- Look ahead and come up with one new way that you can change your business model to fit today’s new environment (maybe something you have been uncomfortable putting forth).
- Contact one new client that you have wanted to reach out to but haven’t because of feeling insecure (allow the feeling of vulnerability to be there).
- Keep leaning into believing that you are the same incredible business person by showing up on your video calls feeling confident, assured and positive.

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