

# HELPING OTHERS ADAPT TO CHANGE

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## Instructions

As an agent of change, it's important that you provide the appropriate support to others. Think of a specific change that is being implemented or will soon be implemented. Below, write down the name of an individual you believe is "on the fence" regarding the change: uncertain, not yet committed nor resistant.

## Who Will You Help?

What does this person say or do that shows he or she is uncertain or ambivalent about the change?

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What do you think is keeping this person from committing to the change?

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What specific actions can you take to help support this person through the change:

Today?

Beginning next week?

Over the next 2-3 months?

On an on-going basis after the change is implemented?