

# Thriving And Surviving Change

This webinar series has been developed, organised and funded by Novo Nordisk. For healthcare professionals only.

Job bag: UK20DI00236  
Date of Prep: July 2020

# The webinar will start shortly

**Experiencing technical difficulties? Don't worry, we will email you the video link to watch on-demand afterwards**

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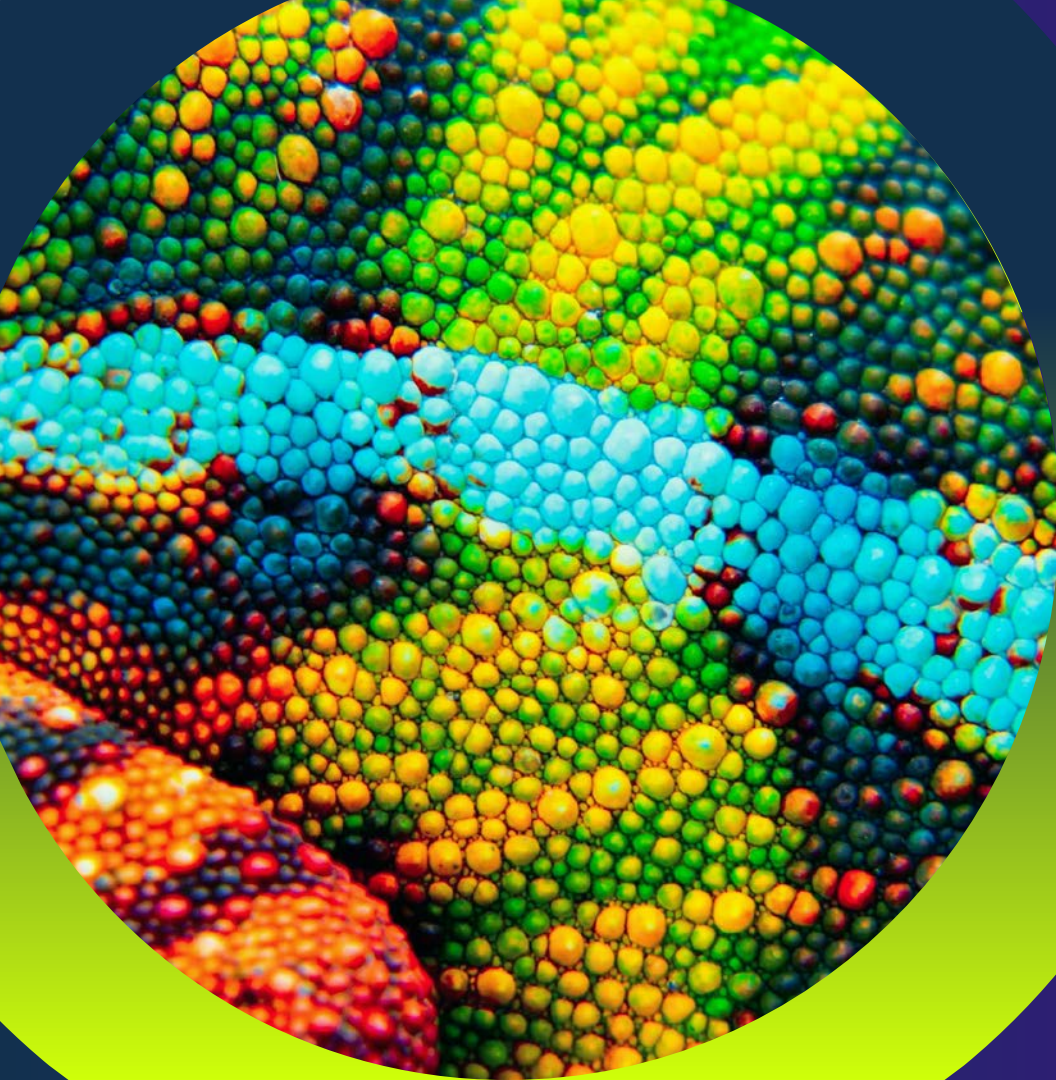


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**Jo Bonsey**

# Your 3 Part Webinar Series

**Top Tips to support you on the following topics:**

## 1. Virtual Consultations



## 2. Managing Stress and Maximising Resilience



## 3. Thriving and Surviving Change



# Housekeeping!

- 45 minute webinar
- Some interactivity – polls and posed questions throughout!
- 15 minutes dedicated to questions at the end
- Please do use the chat box to ask questions
- Keep your microphones on mute to ensure the best sound quality for all



# Today's Flow

1

1. Perception vs. Reality

2

2. The Change Curve

3

3. How To Manage Change

4

4. Summary & Action Planning

# Thriving And Surviving Change

“In times of change, the learners will inherit the earth while those attached to their old certainties will find themselves beautifully equipped to deal with a world that no longer exists”

***Eric Hoffer (1898- 1983), a philosopher from the Bronx & author of the “Ordeal of Changes”***



# Perception vs. Reality

The Chinese symbol for change....

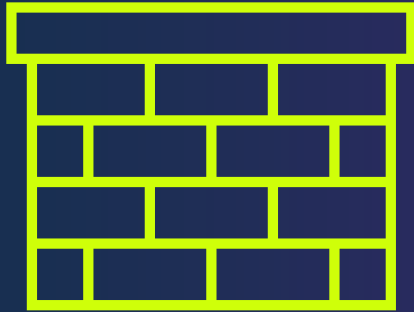
危機

Danger Opportunity



# Perception vs. Reality

Walls



vs.

Windmills

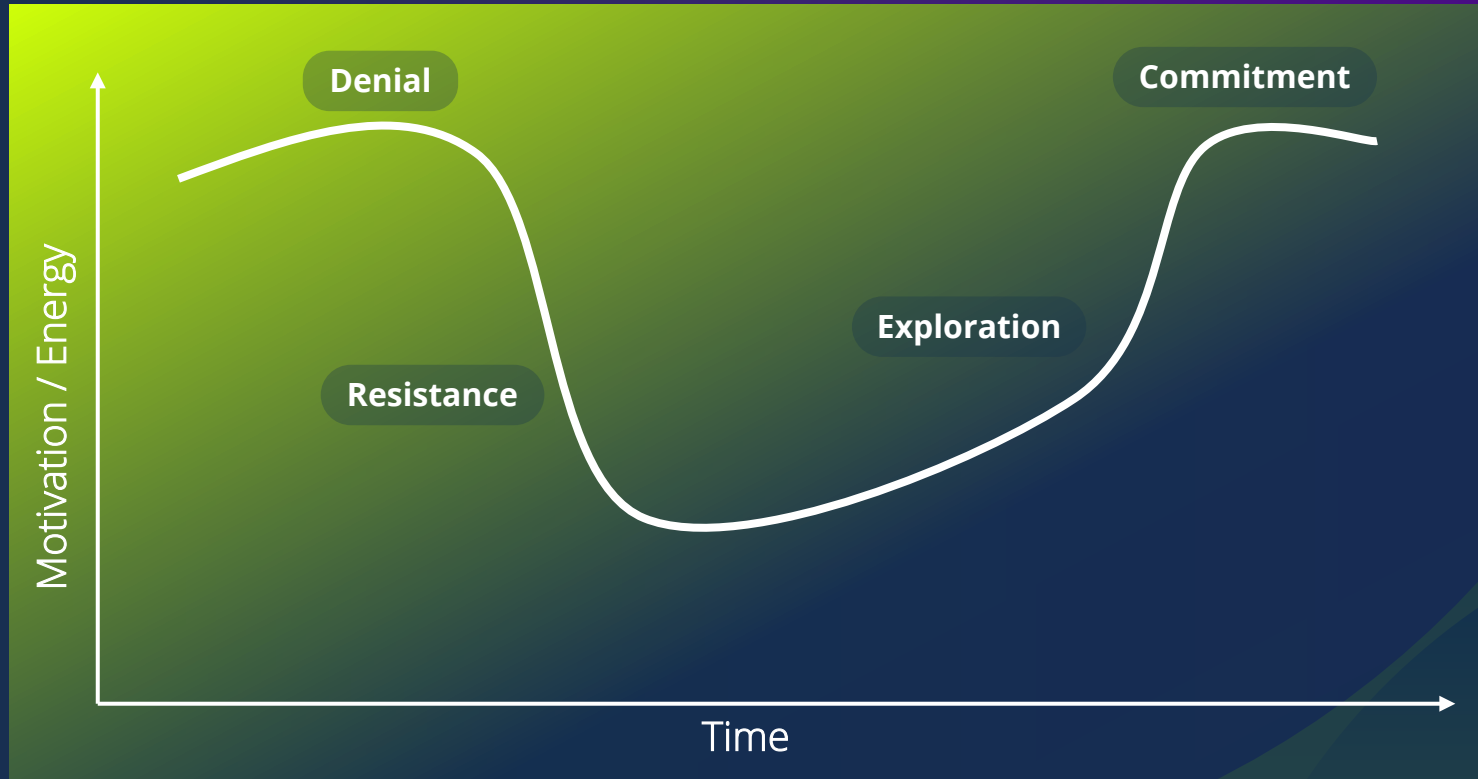


# Perception vs. Reality

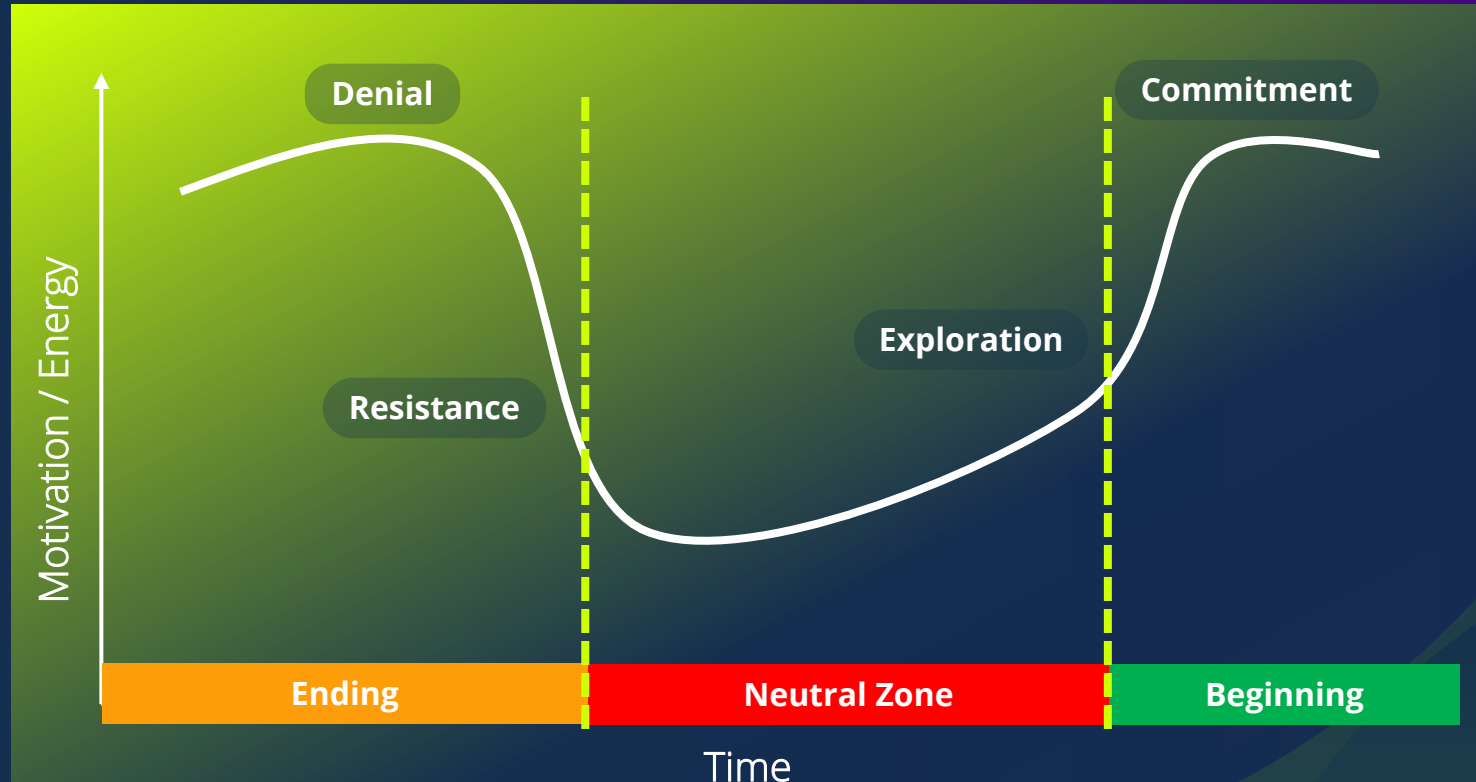
Sameness

Difference

# The Change Curve



# The Change Curve



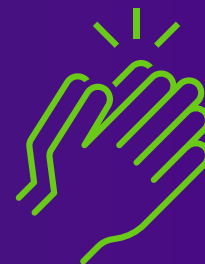


Provide a solid sense of direction

Reduce time in the 'Neutral' zone



Show appreciation for what has been done before



Minimising The Performance Dip



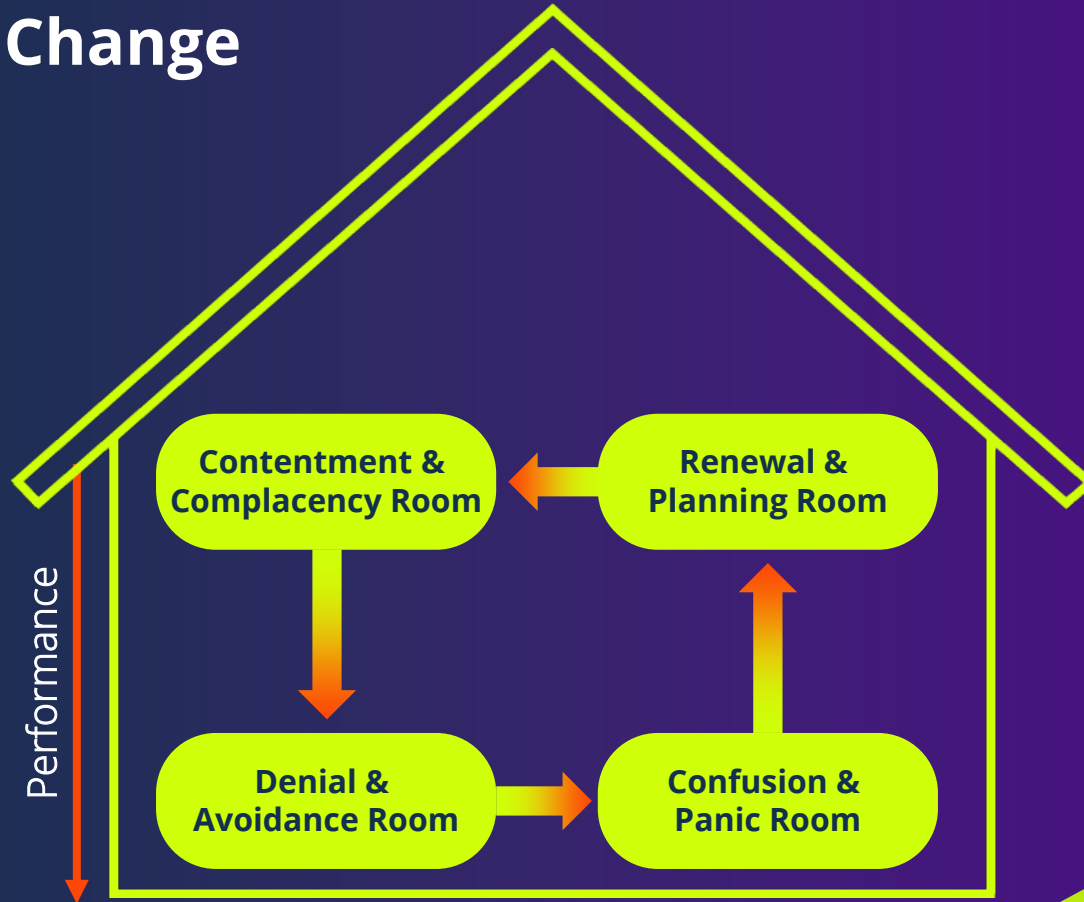
Look for quick wins

Create a path of least resistance





# House Of Change



# In Summary...

- Walls or windmills?
- Change vs. transition
- Minimise the 'Neutral' zone
- Celebrate quick wins and *all* successes!
- Remove barriers
- Meet people in their room!

# Questions...?



# Thank You For Joining Us!

**If you have any further thoughts, comments or questions please do reach out!**



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