

The ABCs of Leading Through Change

Section A: Acknowledge

A Acknowledge

Recognize what's changing and how it's affecting you and your team.

REFLECTION 1

What I need to acknowledge...

What change or challenge requires honest recognition?

REFLECTION 2

How it's showing up...

How is this change affecting you, your team, or your work?

KEY REMINDER — ACKNOWLEDGE

You can only move someone forward by meeting them where they are.

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Section B: Be Curious



Be Curious

Replace judgment and fear with questions and openness.

REFLECTION 1

Questions I'm asking...

What would a curious, open mindset ask about this situation?

REFLECTION 2

What I'm open to exploring...

What new perspectives or possibilities are worth considering?

KEY REMINDER — BE CURIOUS

Curiosity is a superpower in times of change. Questions open doors to endless possibilities.

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Section C: Channel



Channel

Direct your energy toward a positive outcome.

REFLECTION 1

Where I'm channeling my energy...

What actions or mindset shifts are within your control?

REFLECTION 2

My one next step...

What is one small, intentional action I can take right now?

KEY REMINDER — CHANNEL

The only constant is change. Your power is not in controlling events, but in choosing how you respond.

The ABCs of Leading Through Change

Bringing It All Together

My ABCs in Action

Synthesize your reflections into a clear, personal action plan.

A Acknowledge

My key insight from Acknowledge:

B Be Curious

My key insight from Be Curious:

C Channel

My key insight from Channel:

My Commitment

Complete this sentence:

In the face of unexpected change, I commit to...



***“When we are no longer able to change a situation,
we are challenged to change ourselves.” - Viktor E. Frankl***