

# ↗ HANDLING CHANGE

LOTS OF THINGS CHANGE WHEN YOU START A JOB  
EMPLOYERS ARE LOOKING FOR STAFF WHO CAN COPE WITH CHANGES  
PERSONAL CHANGES AND PROFESSIONAL CHANGES

- 1 Think of a time you have experienced change and handled it well.

Your life does not get better by chance,  
it gets better by  
**CHANGE**

Was it hard to make the change?

How did it feel when you got through that change?

Do you feel you handle change well?

- 2 Many people, young and old, find it hard to handle change, especially because it involves doing something new.



- 3 Have a look at this video on the Facework site.

This employer says that he is looking for staff who can cope with change.

Do you think he would offer you a job ?

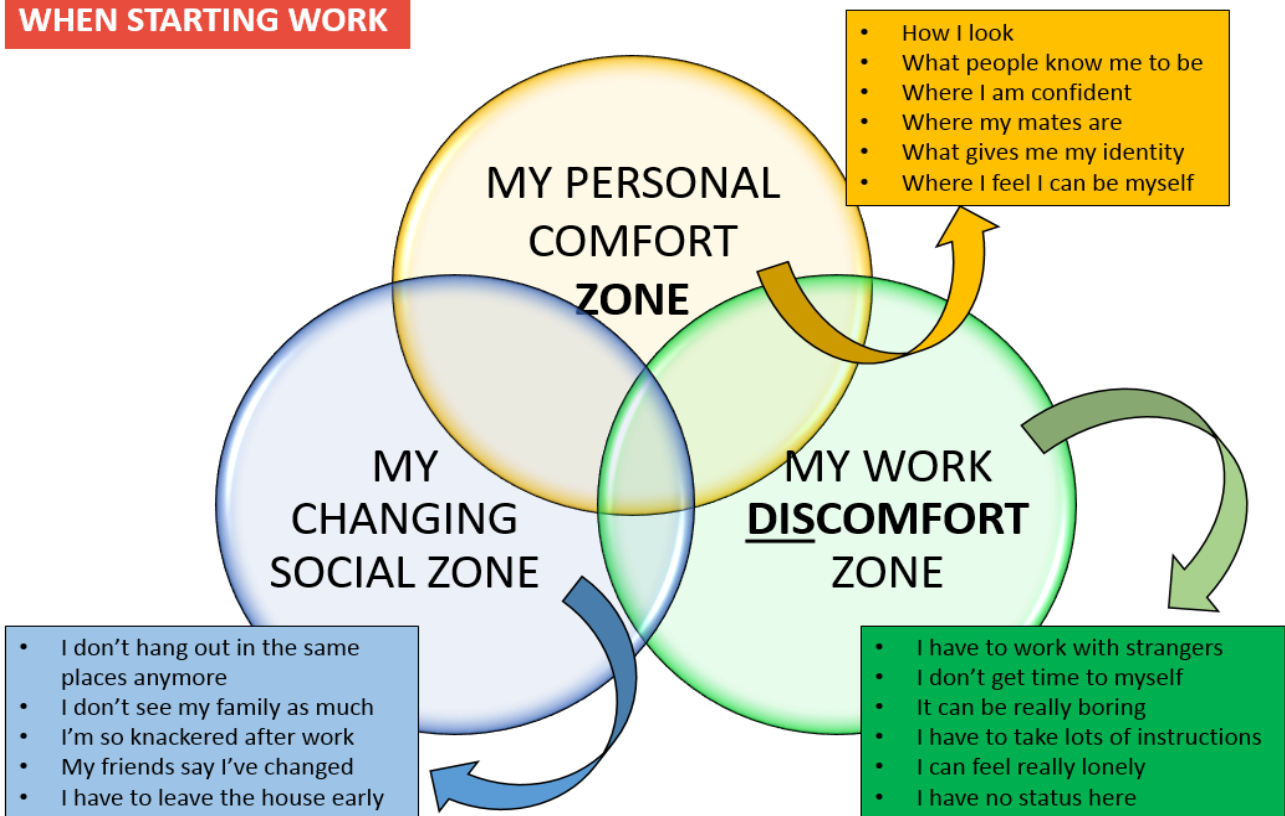
## 4 When you start work you can find yourself outside of your “Comfort zone.”

The work environment can be uncomfortable at first and you find your social comfort zone changes too.

But, don't worry, you will get used to the changes that having a job brings and the change gets easier over time and you will grow as a person.

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#### WHEN STARTING WORK



### Here are a few tips for handling personal change:

- ✓ Accept that you have already had to cope with change which will prepare you for handling change at work.
- ✓ Keep reminding yourself that “This change could be positive for me.”
- ✓ Ask other people how they cope with the change.
- ✓ Notice when you have adjusted to the change and got through the tough bit
- ✓ Give yourself a reward when you feel you have grown and changed.
- ✓ Recognise that your personal ‘comfort zone’ has changed and work is OK.
- ✓ Show your boss that you are confident and able to cope with change.
- ✓ Help other people when they are having to handle change.

