

ACTIVITY | Got Change?



GOAL | To understand an individual's or team's readiness for change, bring awareness to the process, promote easier adaptation, and strengthen resiliency.



RELEVANT FOR

- Executive
- Middle Manager
- Supervisor
- Caseworker



DESCRIPTION | Change happens in child welfare. The question is, are you and your staff ready and able to cope with it?

Individually or collectively, complete the Readiness for Change Questions found on the worksheet on the next page.

Respond to the questions broadly, rather than applying them to a specific change. Staff can complete the assessment in a team meeting or other gathering. In a group format, individuals may respond to the questions solo and then compare responses by posting their individual responses on chart paper. Alternatively, use a polling program such as Mentimeter or PollEverywhere to collate responses. These responses show the variety of opinions people might have about change.

The point of this activity is to first become aware of your reaction and others' reactions to change so you can plan to address areas where you are resistant to change. As a result, you will be able to build your resiliency and openness to change.



MORE INFO

[Implementing Change](#)

