

Example Take 10 Experience Questions for Change Management Reflection:

- Am I denying the change that is happening in my unit? Yes / No
- Am I stuck? (yes, no) If yes, how?
- If I have made the decision to change, how confident am I that I can do it? (1 to 10)
- Am I clear on my role during this change? If not, how can I become clear?
- Am I engaged during this change? If yes, how? If no, how is that behavior manifesting itself?
- What did I contribute today? How did I participate or move along in adapting to the changes?
- How have I moved through changes in the workplace, in the past? How can that help me now?
- If change is/was difficult for me what helped to make the journey easier?
- Have I helped others through change? How?
- Why did I rate myself the way I did today?
- What would it take for me to increase that rating?