

**General Reflection Questions developed for the Change Management Topic**

If you made the decision to change, how confident are you that you can do it? (scale of 1 to 10)

Why did you rate yourself with that rating?

What would it take for you to increase that rating?

Am I clear on what my role is during the change? (yes, no)

What can I do to ensure that our current change(s) succeed(s)?

How can I address my own concerns about this change?

What is the risk for me if I do not change or engage through the change?

Using the ADKAR (Awareness, Desire, Knowledge, Ability, Reinforcement) model, how is change impacting me?