

Thriving Through Change.

Discover new lessons every day which can be completed in around 5-10 minutes.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Building for Continuous Change (3m 3s)</p> <p>Activity: Take a moment to think through one change you're experiencing right now</p>	<p>Embrace the Change (2m 42s)</p>	<p>How to Create Enthusiasm for Change (3m 58s)</p> <p>Activity: Think of one thing you're grateful for today</p>	<p>Grounding Yourself (2m 43s)</p> <p>Activity: Spend 1 minute: Breath in for 5, out for 5</p>	<p>Your Calendar is Your Secret Weapon (4m 40s)</p> <p>Activity: Block off 3 meaningful breaks in your calendar for next week</p>
<p>Enhancing Team Collaboration (2m 28s)</p>	<p>Activity: Take a few minutes to connect virtually with a colleague who you haven't seen face-to-face this month</p>	<p>Keeping Balance when Working from Home (2m 16s)</p> <p>Activity: Brainstorm one way you can invest in yourself this month</p>	<p>Adaptability and Pushing Past Old Beliefs (4m 44s)</p>	<p>Combat Uncertainty with Five Key Practices (4m 47s)</p>
<p>Why Working Harder Isn't Working (3m 8s)</p> 	<p>Activity: Consider one adjustment you've made as a result of this month's challenge, or one you'd like to make</p>	<p>Mentally Reframe Your Changing Workplace (3m 7s)</p>	<p>Daring to Dream (3m 4s)</p>	<p>Reflection: What were your biggest takeaways from the Thriving Through Change challenge?</p>