

# NAVIGATING



# Change

## in the workplace

Heraclitus once said, "The only constant in life is change." Here are 5 ways leaders can help their people to navigate change.

1

Give a slew of information and resources to increase understanding and knowledge of the change and the company's strategic vision.<sup>1,2</sup>

2

Overcommunicate and provide a chance for open-ended conversations from the very start of any transition journey.<sup>1,2</sup>

3

Embrace new opportunities while making sure to align and coordinate old projects with new projects.<sup>1,2</sup>

4

Lead with empathy, understand that change is difficult, and be open to problems and questions people may have.<sup>1,2</sup>

5

Embrace the concept of empowerment by letting employees across the organization be part of decision-making & opportunities for joint creation.<sup>1,2</sup>

### References:

1. <https://sites.duke.edu/lodtraininghub/2022/07/04/navigating-change-in-the-workplace/>
2. <https://hbr.org/1993/11/managing-change-the-art-of-balancing>

