

The Road to Champagne

Chapter 5 Actions: Be Adaptable



- Think of how adaptable you are: list recent examples of changes in your life and how you coped with them.

- _____
- _____
- _____

- If you relate to the group that uses a lens of fear when thinking of change, identify those around you that have a more positive outlook:

- _____
- _____
- _____

- Talk to them and hear their perspectives and incorporate their points of view. What are they doing or thinking differently?

- _____
- _____
- _____
- _____

- Invite change by talking to people who can make things happen (perhaps your boss, mentors, recruiters, leaders you want to work for, and so on) and offer to step into a new project, that international assignment, or whatever relevant change will positively impact your career. Who will you talk to?

- | | Target date |
|---------|-------------|
| • _____ | _____ |
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