

**LADONNA**  
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**Life in the Key of Change  
(This is not what I signed up for!)**

**I. GET REAL!**

Change is one of the few constants in life.

- Where we are
- Where we've been
- Where we're going

**II. GET READY!**

How do we deal with change?

- Victim - "Shistle Pot" Technique
- Victor-"Apollo 13" Technique

Recognize the Processes of Change.

- Present State
- Transitional State
- Desired State

**III. GET SMART!**

Five common sense strategies.

- Flexible
- Accessible
- Invincible
- Teachable
- Hopeful