LEADING THE HUMAN SIDE OF CHANGE

Presented by:  Kari Uhlman, MA, LMHC
Employee Assistance Program Counselor
"The types of behaviors needed to support change processes – taking risks, assuming new responsibilities, letting go of old ones, seeking feedback, asking for help, helping others, sharing information, suggesting improvements, experimenting, talking about errors and failure – will be in greater supply in a climate marked by mutual respect, trust and psychological safety."

Carsten Tams, Forbes
Impact of Change at Work

Leads to:
- Increase in absenteeism
- Decrease in productivity
- Strained employee relations
- Increase in stress
- Retention issues

“It is a terrible thing to look over your shoulder when you are trying to lead— and find no one there.”
Franklin D. Roosevelt, American President
External Versus Internal Change

External Change:
❖ What’s changing on the outside?
➢ Reorganization, policies, procedures, regulations, personnel, equipment, technology, etc.

Internal Change:
❖ What’s happening internally?
➢ Psychological process occurring in response to the external change
➢ Usually includes experiencing grief and loss as we internalize and come to terms with the change
Why is Change Difficult?

“It’s not so much that we’re afraid of change or so in love with the old ways, but it’s that place in between that we fear...It’s like being between trapezes. It’s Linus when his blanket is in the dryer. There’s nothing to hold on to.”

Marilyn Ferguson, Futurist
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Adapted from William Bridges’ Transition Model
Common Responses To Change

**Mind:**
Confusion, forgetfulness, difficulties with focus & concentration, disorganized, cycling thoughts, indecisive, disbelief, **bargaining**, loss of confidence, disorientation

**Emotions:**
**Denial, anger**, anxiety, sadness, fear, shock, grief, apprehension, irritability, impatience, confusion, disconnecting, vulnerable, agitated, withdrawn, tired, mood swings, hopelessness, **depression, acceptance**

**Behaviors:**
Accident prone, mistakes, unhealthy behaviors (over/under eating, alcohol, drugs), short temper, performance issues, isolating, gossip, relationship issues

**Body:**
Fatigue, insomnia, body aches, tense muscles, heart palpitations, digestive problems, grinding teeth, muscular twitches, headaches, shallow breathing

*Elisabeth Kübler-Ross, Psychiatrist (Death & Dying)*
Strategies for the Human Side of Change

- Leadership strategies
- Team strategies
- Supports
Leadership Strategies: Know Your Leadership Self

❖ What influences your response to leading others through change?

❖ How can you draw on your strengths?
Leadership Strategies: Know Your Leadership Self

- Identify your stress response
- Identify what you are losing:
  - Are there ways to compensate for losses?
- Marathon effect:
  - Awareness
  - Get input from others at all levels
  - Translate and operationalize key strategic steps
Team Strategies: Know Your Team

- Identify individual and team losses
- Everyone responds to loss differently
- What stress responses are you noticing or anticipating?
Team Strategies: Know Your Team

❖ Be present:
  ❖ Show up to events/meetings
  ❖ Provide information and listen to understand their perspectives
  ❖ Have an “open door”
  ❖ Connect through “walk-arounds”
  ❖ Continue to consistently have team and individually meetings
Team Strategies: Communicate, Communicate, Communicate!

- Explain the reason for the change versus selling the solution
- Identify and communicate anchors
- What do you know, what do you not know, and when can you tell them more
- Rumor control mechanisms
- Talk about the change:
  - Let them know it’s human to have a response to change
  - Ask and listen to what employees are concerned and excited about the change
  - Acknowledge losses, as appropriate, openly and empathetically
Transition Model

Endings
- Denial
- Anxiety
- Shock
- Chaos

Neutral Zone
- Curiosity
- Uncertainty
- Confusion
- Instability

New Beginnings
- Hope
- Optimism
- Clarity
- Purpose

Empathy
Validation
Vision

Information Communication
Plans/Structures

Roles Participation
Recognition

Adapted from William Bridges' Transition Model
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Organizational Consultation

For supervisors, leaders, & HR:
- Advice
- Problem Solving
- Coaching
- Support
- Resources
- Employee Referrals

On topics such as:
- Performance or Disciplinary issues
- Substance Misuse
- Managing Change
- Conflict
- Domestic Violence
- Sexual Harassment
- Illness and Death
- Mental Health
- Suicidality
- Safety Concerns
- Secondary Traumatic Stress

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eap.wa.gov
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Learning More About Leadership & Change

Managing Transitions
William Bridges, PhD with Susan Bridges
Author of the best-selling Transitions

Leading Change
John P. Kotter
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Learning More About Leadership & Change

![Book Covers](image1.png)  ![Book Covers](image2.png)  ![Book Covers](image3.png)  ![Book Covers](image4.png)
Learning More About Leadership & Change

Websites:
• Center for Creative Leadership: Leadership in Times of Change and Crisis
• Harvard Business Publishing: Resources to Lead Effectively Amid COVID-19
• Marcus Buckingham: Standout Strengths Assessment
• Results Washington: Human Centered Government
• William Bridges: Strategies for Managing Change

Helpful people:
• Organizational Development Consultants
• Formal or informal mentors
Learning More About Leadership & Change

Ted Talks Videos:

- The Crisis of Leadership- and a New Way Forward by Halla Tómasdóttir and Bryn Freedman (14 mins.)
- How Great Leaders Inspire Action by Simon Sinek (14 mins.)
- How to Find the Person who can Help you get Ahead at Work by Carla Harris (13 mins)
- The Human Skills We Need in an Unpredictable World by Margaret Heffernan (16 mins)

Carla Harris, Expect to Win: 10 Proven Strategies for Thriving in the Workplace
References

❖ 5 Ways COVID-19 Has Changed Workforce Management by Sarah Kirby, World Economic Forum (2020)


❖ Change Comes at a Cumulative Cost: Make it Worth the Investment! by Kristin Cullen-Lester and Bryan Edwards, Center for Creative Leadership (2015)

❖ The Marathon Effect in Change Management by Caspar Jans, LinkedIn (2017)


❖ Now, Discover Your Strengths by Marcus Buckingham & Donald Clifton, Ph.D. (2001)
Washington State EAP is accessible, free, and confidential. Contact us at 877-313-4455 or visit our website at eap.wa.gov