

Navigating Organizational Change

Life coaching is a free and confidential* benefit offered to you through your EAP.



TIPS FOR HELPING YOUR EMPLOYEES ADAPT TO CHANGE

- Know that each person has their own timetable for accepting change.
- Identify resources to support employees as they work in a changing environment.
- Recognize that some people experience change as a loss.
- Make it a habit to observe positive attitudes. Notice when employees have been successful in adapting to change & acknowledge it.

Healthy organizations evolve as they strive to remain productive and relevant. As business adapts to meet the needs of customers, managers and employees must continue to adjust to these changes.

How will you successfully adapt? And how will you lead your employees to do the same? These are both now tasks on your to-do list. Managers who help employees navigate the new procedures can provide support that will keep everyone on track.

Looking for additional ideas for how to lead your employees to successfully adapt to the new way of doing business? Consider EAP life coaching. It is a resource available to supervisors and managers. It will provide you with a trusting relationship where you will be able to test your assumptions, receive feedback and develop strategies and action steps for moving yourself and your employees forward.

If you would like additional information about how you can successfully navigate yourself and your employees through change, contact your EAP. Ask about setting up a coaching appointment to learn more about the resources available to you.

* EAP counselors have master's degrees and are licensed professionals. Your privacy is protected by strict federal and state confidentiality laws and regulations and by professional ethical standards for counselors. Information you share with the EAP may not be released to anyone without your prior written consent, except as required by law (e.g. when a person's emotional condition is a threat to him or herself or others, or there is suspected child or elder abuse) or the issuance of a court order upon a showing of good cause.