

Purpose of Session

Change is often an inevitable part of one's experience at work. Those who learn to navigate change successfully often have a significant advantage over those who do not.

Mentors can share their experiences to help mentees be better prepared for changes that occur on the job.

Questions & Discussion Prompts

How do you feel about change in the workplace?

What are the best ways to stay well informed when changes are occurring at UNC?

What are a few strategies for adapting to change in the workplace?

Who is someone at UNC you consider to be great at adapting to change? Why?

Discuss a change that took place at UNC you felt was successfully managed by those driving the change.

Discuss a change that took place at UNC you felt was poorly managed by those driving the change. Compare and contrast with answer to previous discussion prompt.

Additional Ideas/Notes/Reminders

