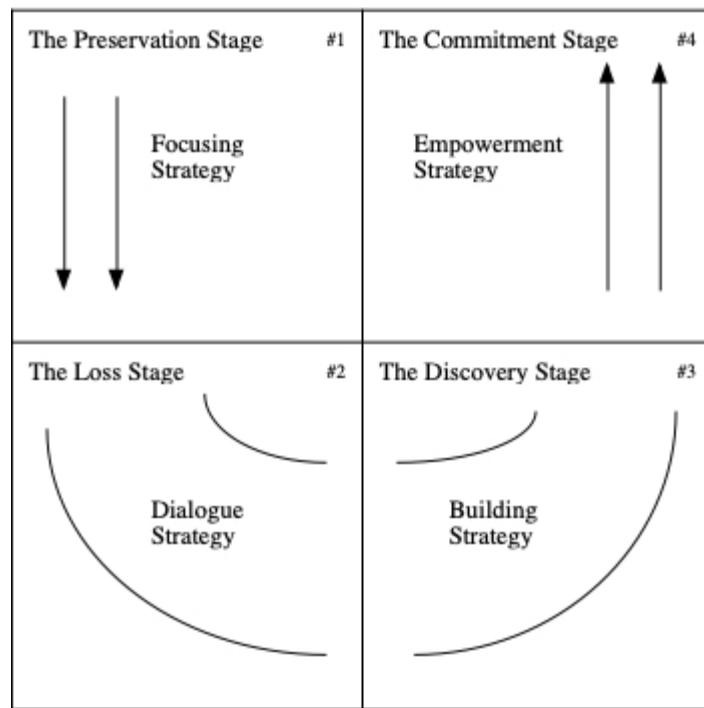


## Thriving Through the Chaos of Change Handout

### The Trough of Chaos



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**A change that went well:**

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**A change that did not go well:**

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**Organizational Change:**

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**1. Preservation Stage Notes:**

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**1. Loss Stage Notes:**

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**2. Discovery Stage Notes:**

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**3. Commitment Stage Notes:**

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**My Action Steps:**

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Molly J. Mackey, MBA, CPTD LEAdeRNship Institute Leadership.com  
Leadership Bootcamps! <https://www.leaderanship.com/services-7>  
[leadershipinstitute@gmail.com](mailto:leadershipinstitute@gmail.com) 319-210-3593