

MODULE 4: CHANGE MANAGEMENT AND CREATIVE THINKING
CASE OF STUDY

- **VIDEO**

TED Talks BY Janine Shepherd

While preparing for an Olympic medal as a cross country skier, Janine suffered an accident that meant a major change in her life and career. After watching the video, reflect and answer these questions:

https://www.youtube.com/watch?v=_ltDJynTduY

- What would you highlight about Janine's ability to manage change and resilience?
- How did Janine manage her comfort zone?
- What kind of thinking did she use to find new opportunities?

- **THE CHANGE QUADRANTS**

Set a goal for your professional career that is challenging, and in which you are not yet working (something that takes you out of your comfort zone). Then, answer in each quadrant what you are asked, in the format listed:

1. The bad thing about NOT leaving the comfort zone / not getting what I intend	2. The good thing about NOT leaving the comfort zone / not getting what I propose
<ul style="list-style-type: none">● The bad thing about getting out of the comfort zone / getting what I want	<ul style="list-style-type: none">● The good thing about getting out of the comfort zone / what I propose

What conclusions do you draw from this exercise?

Share your answers with other colleagues in the forum discussion enabled for this module and its activities.

