Team activity – recognising the emotions associated with change

How does this change make me feel?

1. Team members write on post-it notes all the things about the change that make them ANGRY.

2. Group reviews all post-it notes and identifies/discusses themes.

3. Process repeated for the things that make them SAD.

4. And then again for things that make them GLAD.

5. Team members then compare the outputs to the change curve and consider where they are and review how they feel about the ‘angry’ and ‘sad’. The whole team agrees the learning to carry forward and how to build on the ‘glad’.