

Thinkubator

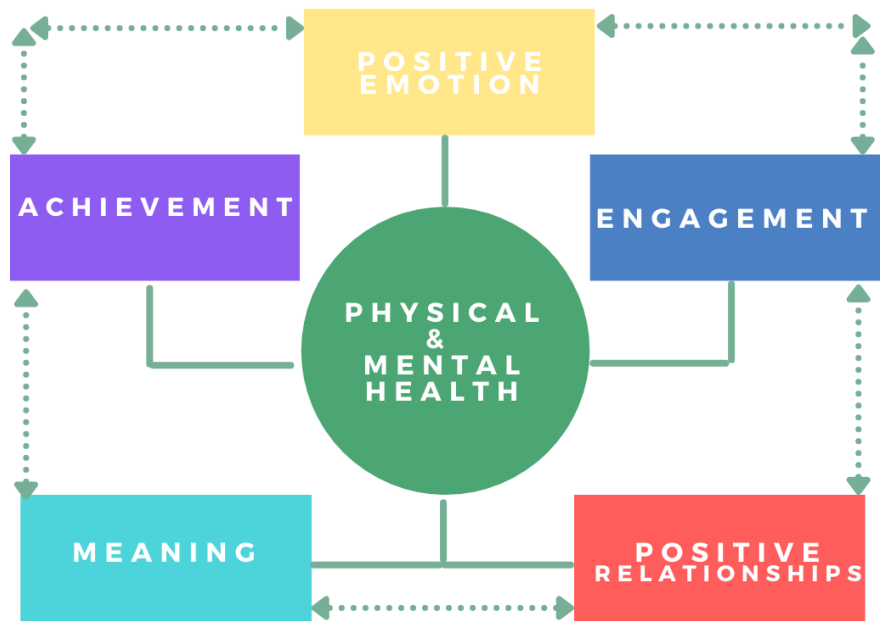
Maximizing Your Team's (and your own) Well-being in Transition

WHAT WE'LL TALK ABOUT...

What builds well-being at work?

3 T's of Positive Transition

Practical Tips



**3 Ts of
Positive Transition**

Transparency

Trust

Tell It Like it Is

PRACTICAL TIPS

prep your answers: plan your answers to tough questions

promote positive sharing: give your team a place to share concerns with constructive ideas (complaining and venting are not the same as constructive sharing)

bring the joy: your team is going to key off of you. manage your own mindset.

when all else fails, focus on your own short-term strategies: pause, breathe, release

READ, WATCH, LISTEN

read: Life is In the Transitions by Bruce Feiler

watch: Ted Talk: How to Make Stress Your Friend by Kelly McGonnigal

listen: Work Life by Adam Grant



CONNECT WITH ME

TARA OWENS ANTONIPILLAI, JD, CAPP

TARA@CULTIVATE.CENTER

WWW.CULTIVATE.CENTER



cultivate.