

Embracing Changes

=

**Positive Mind +
Optimized Savings**

Yam Keng Mun

Psychologist

Psychology etal Pte Ltd

Session Goals

- **Review common responses to Change**
- **Highlight key strategies to embrace workplace changes: The CPF Way**
- **Identify CPF Actions that help you re-energize and feel successful at work**

Common Responses to Changes

- **We fear the unknown**
- **We fear we will lose something because of it**
- **Change implies a possibility of failure**

Key Strategies to Embrace Change

Do what successful people do

The CPF Way to Optimize Emotional Savings

- **C: Cultivate a Positive Mindset**
- **P: Produce Positive Emotions**
- **F: Focus on What you can do**

C: Cultivate a Positive Mindset

- **Accept Uncertainty**
- **Find positive aspects to the changes**
- **Look forward to the Future**

P: Produce Positive Emotions

- **List your current feelings**
- **Ask why you feel this way**
- **Choose to emote positively**

F: Focus on What you can do

- **Get the Ball rolling**
- **Open Lines of Communication**
- **Decide to be part of your Learning Organization**

Great Deliverables: The CPF Way

- **Personal Effectiveness:**
 - **more proactive**
 - **resilient to adverse situations**
 - **less prone to stress symptoms**
 - **better physical health**
- **Greater job satisfaction and job performance**
- **Increased capacity to thrive, mentally flourish and psychologically grow**

Summary

- **Common responses to Change**
- **Embracing Changes The CPF Way:**

C: Cultivate a Positive Mindset

P: Produce Positive Emotions

F: Focus on What you can do