



Self-Assessment: How well do I adapt to change?

This assessment will help you understand how you react to change

INSTRUCTIONS

- Using **R**arely, **S**ometimes, **O**ften document how frequently you do the following
- There isn't a correct answer, only personal perception
- Be honest with yourself

Change Statements	R, S, O?
1. My organization needs to change	
2. I understand the logic and reason behind decisions during times of change	
3. Management supports staff during times of change	
4. I can talk about the change with my direct manager	
5. I feel change can help me professionally	
6. I feel change can help my department	
7. I feel change can help my organization	
8. I receive adequate preparation (via communications, training, etc.) during times of change	
9. I know how I can provide feedback during times of change	
10. I feel confident in my ability to support the change (from the skills and knowledge that I have)	