



# MICRO TASKS



S4B

**Note to user:** After familiarizing with each video pill, the user will be provided with the opportunity to perform several tasks/activities/games in order to practice and further develop the respective skill.

## SKILL

### ADAPTABILITY

## MICRO TASK NUMBER 2

### The house of change

#### 01 What are the objectives of the task?



The House of Change is a great tool for understanding and dealing with the emotions we all experience in response to change. It originates from the four rooms of change and will help you overcome your personal barriers to change. It can be very useful for people facing change or needing to improve their adaptability.

#### 02 What will teachers learn?



The House of Change is very useful to help people understand people's positions and possible reactions to change, both in terms of emotion and behaviour ostensibly helping people understand resistance to change. It can be used to prepare people into change, to make them more adaptable. Therefore, this tool not only helps you develop adaptation skills, but also emotional management, communication, organization and coaching. This tool has the aim to help you move quickly through

uncertainty or anxiety, not to dwell but to accept, adapt and adopt change along the way.

## 03 Tasks and procedure



Step 1: Find your current room. Ask yourself: What is my current state of mind; what is your situation with respect to the situation of change. In which phase of adaptation to change do you think you are in.

In this step, you should also think about the changes you are facing and how you want to focus your thinking as you explore the house of change. You may be going through an adjustment related to a job change or a life change; it is important to distinguish between the two.

You may also be in two different rooms at the same time, but it is important that you choose where you want to focus your thinking.

Step 2: Finding renewal, contentment (and solarium!)

➤ Denial and despair. These two rooms are very similar. There is a tendency to celebrate past glories, to defend the status quo and to "shoot the messenger" if someone suggests it might be good for you to change. Here you should:

- ❖ Listen and reflect on the advice of others;
- ❖ Focus on opportunities for change (a growth mindset, for example);
- ❖ Seeing the "big picture" of your life and how this change fits in;
- ❖ Start with small steps and celebrate small successes to build momentum.

Confusion. Here you will be full of ideas and faced with different directions. There is a risk that you will become frustrated and lose confidence and momentum as you search for direction. If you are in this room, you need to:

- ❖ Be patient with yourself.
- ❖ Enjoy the process of exploration, don't be in too much of a hurry.
- ❖ Try to anchor your activities by exploring what is really important to you.
- ❖ Work to establish your priorities, based on a clear direction and purpose for your life.

➤ Renewal. This is a good place. Here you will feel more energetic and enthusiastic, when you are learning and when you are flexible and creative. When you find yourself in this room of the house of change, you need to

