GETTING READY FOR CHANGE
CHANGES NECESSARY FOR NEW PRACTICES & PROGRAMS
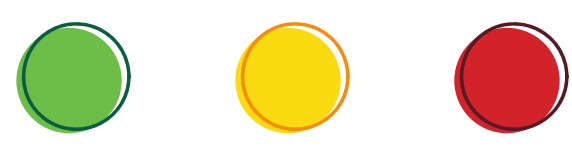
STAGES OF CHANGE

Pre-Contemplation

Contemplation

Relapse

Preparation

Maintenance
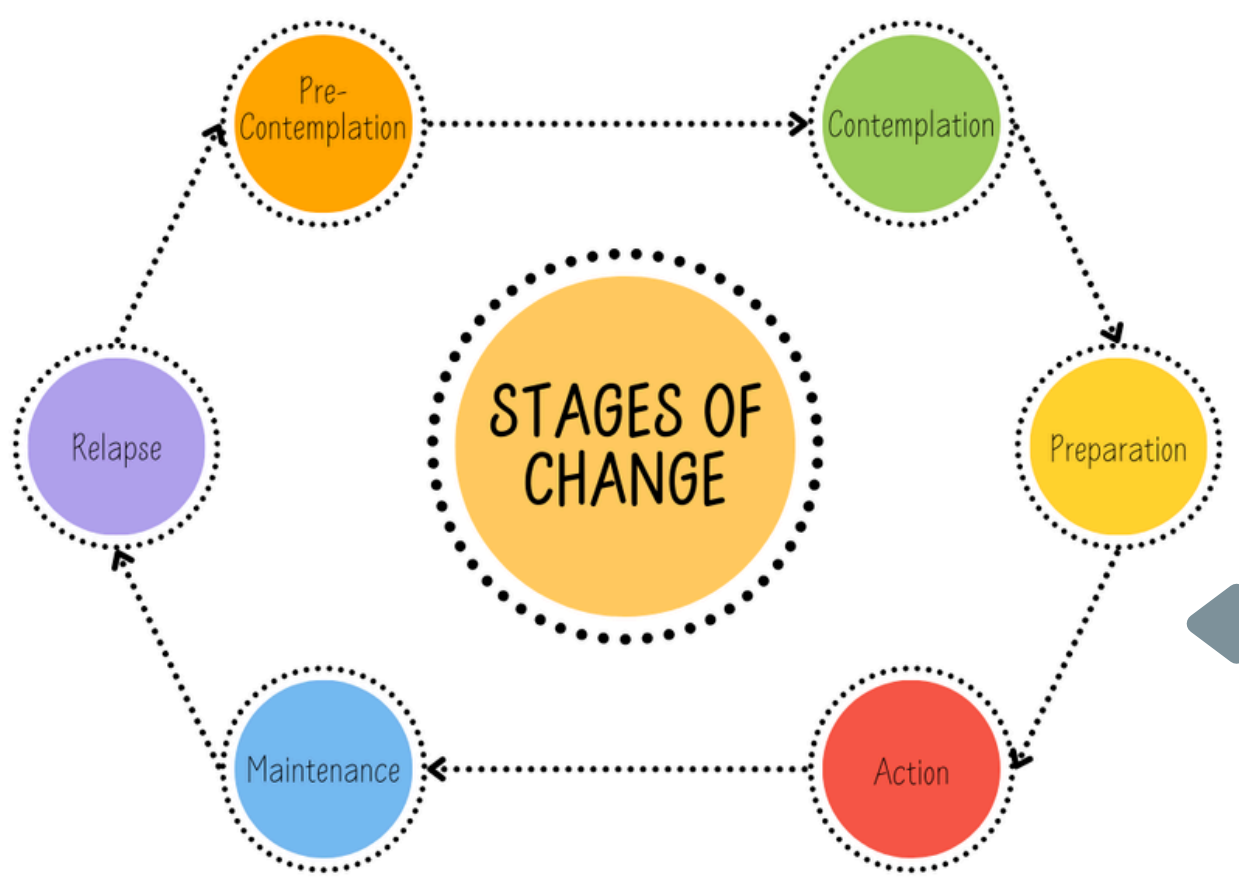
Action

Understanding the Process

Thinking of the Stages of Change, where would your team fall? What about the rest of your staff? Other stakeholders?

Activity Instructions

1. Name a new program, practice, or initiative your organization is considering or has considered in the past:

2. In the blocks to the right, or using three wall charts/flip charts, have each person on your team list three changes to the existing system that would need to take place to implement the new initiative.

Change 1:

Change 2:

Change 3:

Team Discussion Prompts

What challenges would be faced in making these changes?

If these changes are not made, what impact would that have on implementing the new program as intended?

What impact might that have on program outcomes?