Where are you on the Change Curve?

Any change we go through whether it is personal (new job, new route to work) or professional (new leadership, new supervisor) there is a process, or journey, each of us takes. This journey is predictable based on years of research in the change management field.

ACTION: Think of your personal Journey to SIMBA to date. When were you excited to learn about the new system? When did you find yourself angry or fearful? When did you decide you’re “all in” and are eagerly anticipating SIMBA training? Are you still uncertain what impact SIMBA will have on your day-to-day activities?

Review the change curve below and think about your emotions and feelings at each step. How have you progressed? Are you still working through the Valley of Despair where the change to SIMBA is too overwhelming?

Review the change curve monthly and track your progress. Discuss with your colleagues and find ways to help each other progress through the stages of change.

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