

# **Proactive Strategies for Libraries in Turbulent Times**

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# Course Description

The current economic crisis is challenging both personally and professionally. Join your colleagues for a proactive facilitated discussion on how to stay positively focused on maintaining our goals for providing materials and services during these difficult financial times.



# Change Leader

## What is a change leader?

The term change leader can refer to either an organization or an individual, performing at any level within an organization.

A change leader is an entity or an individual who has the qualities, skills and abilities to:

- Be willing to **lead change**.
- Have the **know-how** to lead change.
- **Reframe** change into opportunities.
- **Look for change**.
- **Be ahead of change**, anticipate change, and appreciate change.
- **Make changes work** within the organization as well as outside of it.

# Change Leader's 3 Areas of Expertise

**Being a change leader involves at least 3 areas of expertise:**

1. Strategies to balance change and continuity at the same time.
2. Knowledge of effective methods of implementing change.
3. Systematic strategies for inevitable change.

## Tips to Stay Positive and Focused

Redefine how you will react and respond – what things do you have absolute control of? ( How will you choose to respond?)

- Keep a positive focus when dealing with changing situations
- Stay aware and mindful of body language (physical)
- Pay attention to thoughts (mental)
- Recognize feelings (emotional)

Incorporate the following into your lifestyle

- Journal / meditate
- Keep a grateful list / write grateful letters
- Have fun. Moderation + Variety = Balance
- Create a support system
- Proper nutrition
- Exercise, yoga, deep breathing
- Eliminate the adrenaline lifestyle
- Take charge of yourself not others
- Set boundaries and stick to them
- Block out drama