

The Actuarial Profession
making financial sense of the future

Dealing with change and the unexpected Jennifer MacKay, Jump Training and Development



Dealing with change and the unexpected

I didn't sign up for this...

Get ready

Your Three As

Acceptance: unexpected change will happen.

Awareness: be observant and keep informed.

Anticipation: recognise how change impacts.

Mindset: moan zone

The **moan zone** is a place you only want to visit.

Don't sell up and move there.

Mindset: move groove

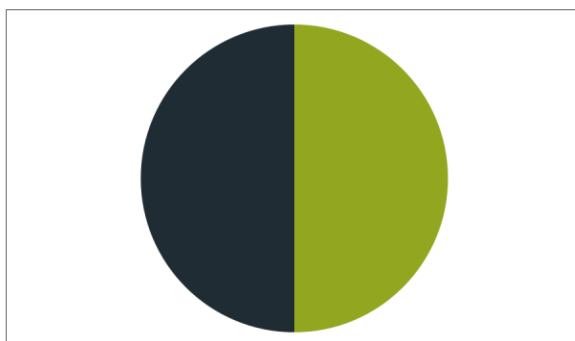
The **move groove**.

It's not just about positivity.

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Your control zone



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Action stations

Identify options

Take stock

Plan

Get help

You don't have to do it alone

- Share your plans with someone you trust.
- Find a mentor, attend workshops and network.
- Get feedback on how you can develop your skills.

Give help

Use your skills to support others

- Engage
- Ask questions
- Listen
- Draw out solutions

Just when...

skcabtes

Choice

Change offers **choice**.

Questions or comments?

Expressions of individual views by members of The Actuarial Profession and its staff are encouraged.

The views expressed in this presentation are those of the presenter.

