

# ROOMS of CHANGE PRE-READ WORKSHEET

The AdPharm Leadership Synergy Program

Friday, May 30, 2025

Video Link: <https://youtu.be/pel4EVoEl3M>

## Reflection Questions.

1. When confronted with change, which of these rooms do you tend to migrate to first?

2. How do you feel and behave in that room?

3. What helps you move to a more constructive or adaptive space?

4. Finally, how do you think your response to change affects your interactions with others?