

How to Initiate Change

First, identify areas that could benefit from change. Recognise what energises or drains you. Keep a journal.

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02

Be mindful of status quo bias. Identify your fears.



03

Remind yourself your needs are valid, and it's important to communicate them to others.



04

Understand the possible consequences of various solutions.

05

Chesterton's Fence: examine why things are the way they are before trying to change them.



06

Initiate conversations. Gather your facts



07

Make your case to others. Link ideas back to the benefits for the organisation.

