

A collage of red books and a pen nib on a white surface. The books are arranged in a fan-like pattern, with their pages fanned out. A pen nib is positioned on a white surface, casting a shadow. The background is a deep red color.

**LEARNING.ACCEPTING.
MOVING FORWARD.**

MEGALA CHANDRA SAKERAN

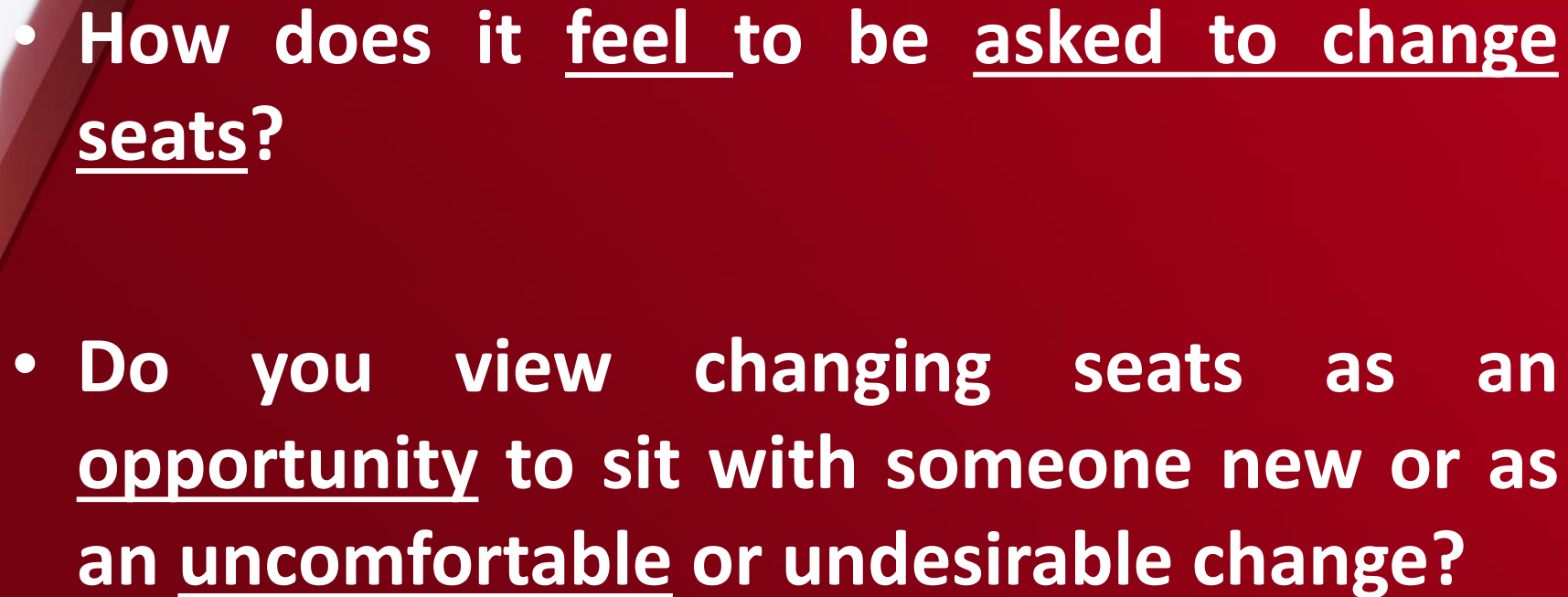
Head of Student Development and Counselling Department
Student Affairs and Alumni Division



**LET ME
INTRODUCE
MYSELF FIRST...**

ICE-BREAKING SESSION



- 
- How does it feel to be asked to change seats?
 - Do you view changing seats as an opportunity to sit with someone new or as an uncomfortable or undesirable change?



CHANGE



**What does
change mean to
you in one word?**



Denial



Acceptance



Anger (why me?)



Bargaining (if only)



Depression



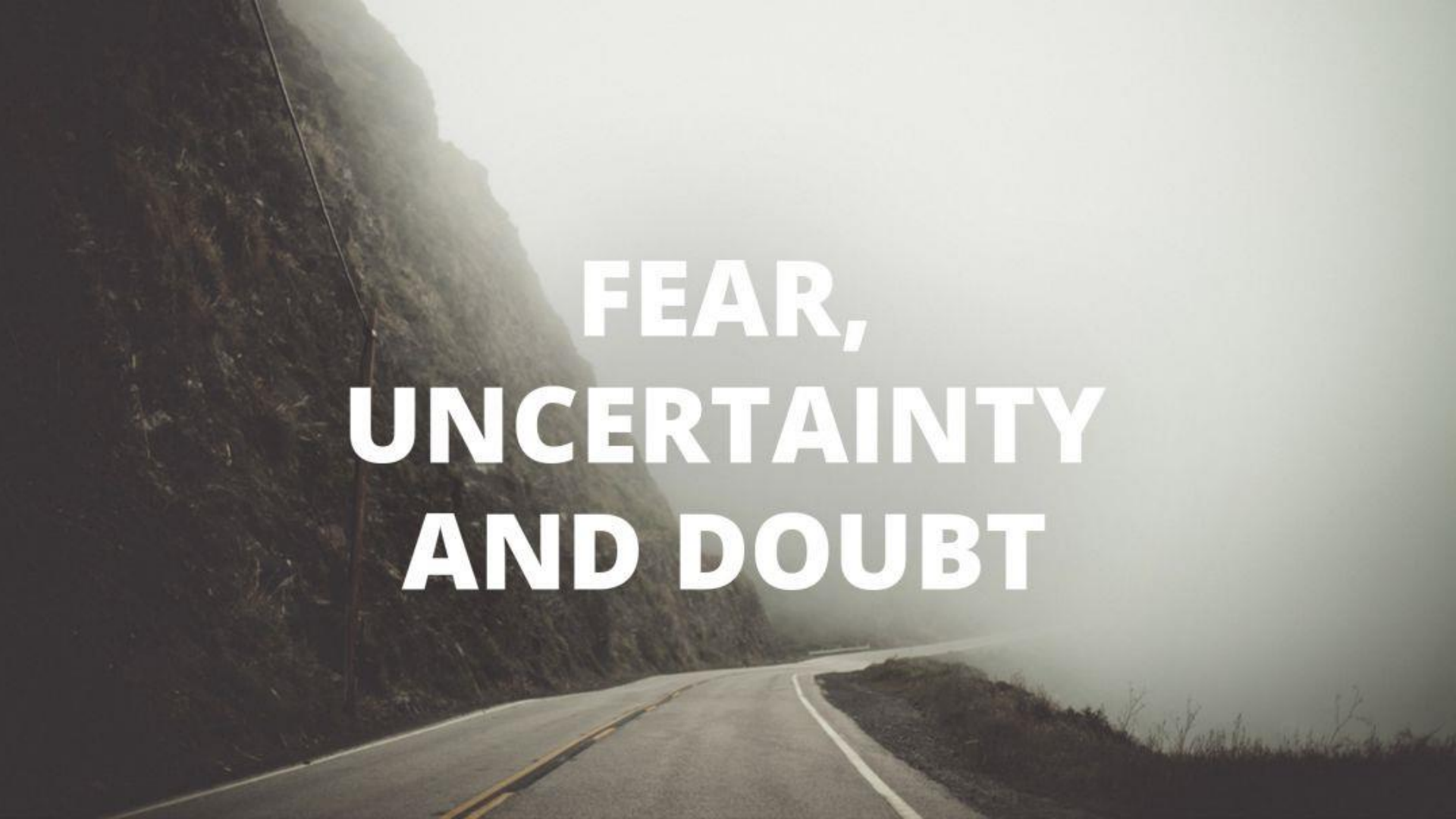


FIVE TYPES OF CHANGES EXPERIENCED IN YOUR LIFE...





**Reasons for
Resistance to
Change**

A photograph of a winding asphalt road on a steep, dark mountain slope. The road curves to the right and disappears into a thick, white fog that fills the upper half of the frame. The sky is overcast and grey. The overall mood is mysterious and somber.

**FEAR,
UNCERTAINTY
AND DOUBT**



**My
comfort
zone!**

**Will I be able to
handle it?/
What if I
can't?**



**Secure
and
safe!**



FAILURE

Cannot adapt to the new requirement- not ready

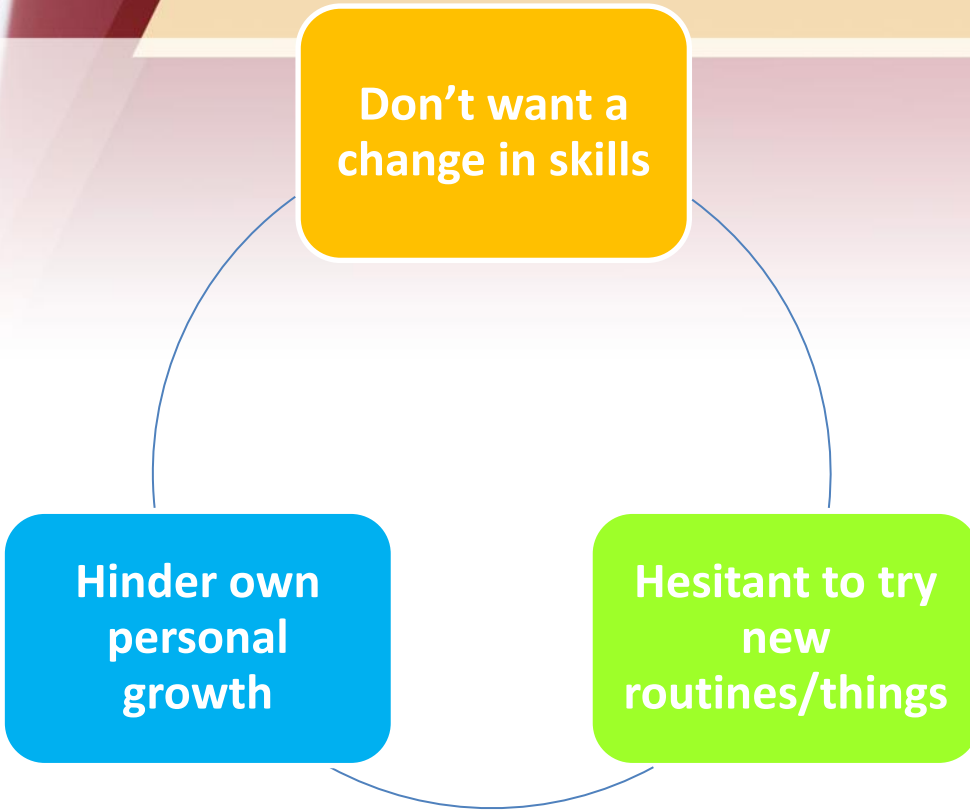


Lack of Competence



IMPOSSIBLE

What are the reasons?





Loss of Control

A close-up, low-angle shot of a person's legs and feet as they run on a dirt path. The person is wearing dark leggings and bright pink and white athletic shoes. The background is a soft-focus green field under warm, golden light. A semi-transparent white rectangular box is overlaid on the left side of the image, containing the text "Former Change Experience" in a large, black, serif font.

Former Change Experience



ACTIVITY

**Close your eyes to draw your
experience of change.**

**What does change look like to
you?**



POSITIVE WAYS
TO ACCEPT
CHANGES





- CHANGE IS GOOD.

- YEAH, BUT IT'S NOT EASY.

C H A N G E

A row of six light-colored wooden blocks, each with a black letter on its top face, spelling out the word "CHANGE". The blocks are arranged in a slightly curved line on a wooden surface. The background is a blurred wooden surface with many more wooden blocks scattered around.

A hand is shown in silhouette, holding a large, three-dimensional orange sign that reads 'CHANGE'. The sign is set against a background of a sunset or sunrise, with warm orange and yellow tones. The word 'CHANGE' is written in a bold, sans-serif font. The hand is positioned on the left side of the sign, with fingers gripping it. The background is a soft, out-of-focus sky with some bokeh light effects at the bottom.

CHANGE

**the way you think/
approach problems**



**Understand why
the change
unsettles you so
much – analyse
the situation**

Don't Say NO To

A large, stylized speech bubble graphic. The bubble has a jagged, starburst shape with a thick black outline and a white inner border. The interior of the bubble is filled with a blue background and a pattern of small white dots. The word "CHALLENGE!" is written across the bubble in a bold, red, sans-serif font with a thick black outline. The background of the entire image is light blue and features faint, sketchy outlines of various comic book characters and scenes.

CHALLENGE!

EXPECTATION



MANAGE IT!

Develop Realistic



**Know
When
To Let Go**



nutrition
activity pleasure
patience rest
mindfulness
protection
support
kindness attention
distraction
fun

community fitness
awareness
me time sleep
relaxation

**self
care**

www.motherhoodunadorned.com



ASK
FOR
HELP

Video

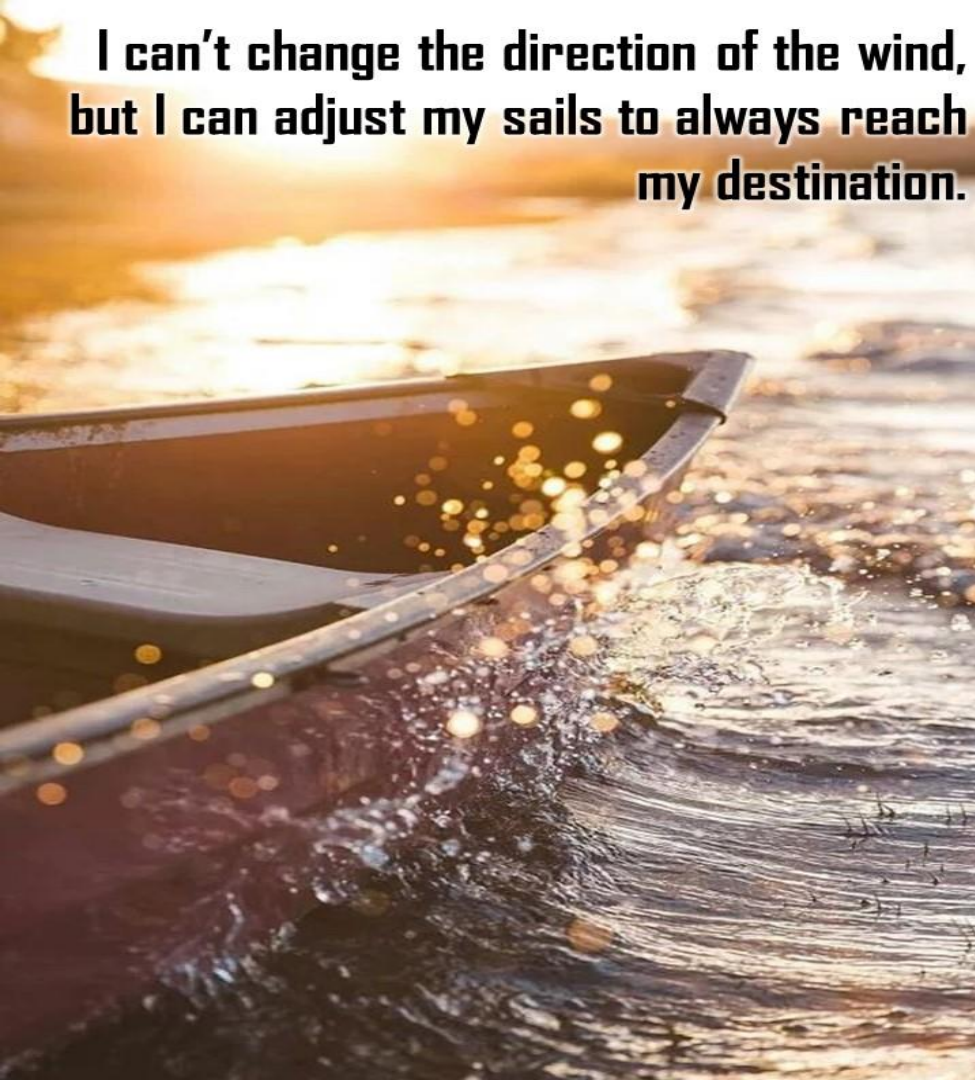


Time for



Q&A

**I can't change the direction of the wind,
but I can adjust my sails to always reach
my destination.**



**Transition are often hard, but when
you are prepared for them, you can
move through them gracefully. If you
don't transition well, part of yourself
gets trapped and lost in the old life you
lived. -Anonymous**



Thank You

