Who Moved My Cheese?

Anticipate Change: Get ready for the cheese to move

Dean of Students’ Office
Fall Retreat 2009
What is cheese?

- “Cheese”-a metaphor for what we want to have in life, whether it is a job, a relationship, money, a big house, freedom, health, recognition, spiritual peace, or even an activity like jogging or golf.
- Each of us has our own idea of what “Cheese” is, and we pursue it because we believe it makes us happy. If we get it, we often become attached to it. And if we lose it, or it’s taken away, it can be traumatic.
The more important your cheese is to you the more you want to hold on to it.
Move with the cheese and enjoy it.
Change

Change is an important part of life.

There are three stages of change:

1. Endings: The beginning of a transition-old habits given up, death of a loved one, child leaving home, etc.
2. Neutral Zone: Typically, the struggle with the situation, and mourning of the loss.
3. Beginnings: New goals result from planning, new relationships are established, or different ways of doing things are established.

There are five different kinds of changes we meet in our lifetime:

1. **Straightforward change**-like changing your hairstyle.
2. **Changing something you already do**-like your golf swing.
3. **Changing something that obviously needs changing**, but you don’t want to or it is very difficult-like making a major change to your diet.
4. **Changing something you absolutely, positively know you cannot change**-this may be your beliefs.
5. **Change that is imposed upon you**, and you have no control-like an accident, a death, or weather.
Activity

• Take about 5 minutes with the people near you and discuss one change you have made or was made for you this past year. How difficult was it for you to make that change? What kind of change was it?
Embracing Change

• We deal with change everyday.
• The change process can result in new goals, new relationships, and new ways of using time, money or other resources.
• Finding ways to “embrace” change can give each of us a new source of satisfaction.
Change in fall 2009

- **New staff** - we are happy you are here and we hope that this change has been positive for you so far!
- **New building** - the Student Union will start construction in late fall, we will all have to adapt to the changes that will be made and look forward to the “new cheese” that will be coming with the renovations.
- **Roles** - we need to help each other during some of the transitions that are happening.
We are all here to help each other and to prepare for these changes.

Have a great year! We are in this together!