
















LinkedIn Learning July Challenge: Masters of Change

If there's one thing you can always rely on, it's change. From your personal and professional life, to broader changes to the world at large, dealing with change can be challenging even in the best of times. The good news? We can control how we deal with change by learning how to put it in proper context, create perspective, and ultimately become more resilient.

This month, we invite you to participate in [LinkedIn Learning's Masters of Change Challenge](#), kicking off July 12th .

Challenge yourself to participate every day – each one takes ~5 minutes or less. To keep yourself on track, try keeping a journal or print the calendar and initial each day when you've completed it. [Happy learning!](#)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11</p> <p>Challenge Starts Tomorrow!</p> 	<p>12</p> <p>Video :</p> <p>Change in context (3m)</p>	<p>13</p> <p>Video :</p> <p>The psychology of change (2m)</p>	<p>14</p> <p>Video :</p> <p>Creating perspective (3m 14s)</p> <p>Pop Quiz : When change happens, you should immediately make definitive decisions.</p> <p><input type="checkbox"/> True <input type="checkbox"/> False</p>	<p>15</p> <p>Video :</p> <p>What to do if you're upset by change (3m 6s)</p>
<p>18</p> <p>Video :</p> <p>How to move from surviving to thriving through change (2m 57s)</p>	<p>19</p> <p>Video :</p> <p>Getting clear on how you need to adapt (3m 28s)</p>	<p>20</p> <p>Video :</p> <p>Power up your well-being in times of change (3m 46s)</p>	<p>21</p> <p>Video :</p> <p>Building for continuous change (3m 3s)</p>	<p>22</p> <p>Activity : List one way you plan to invest in your well-being the next time you encounter unplanned change:</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>25</p> <p>Video :</p> <p>How to plan for change (3m 13s)</p>	<p>26</p> <p>Video :</p> <p>How to talk about change with your boss (3m 55s)</p>	<p>27</p> <p>Video :</p> <p>Building personal resilience (3m 1s)</p>	<p>28</p> <p>Video :</p> <p>Find your voice (3m 27s)</p>	<p>29</p> <p>Activity : List your biggest takeaway(s) from the July Challenge:</p> <p>_____</p> <p>_____</p> <p>_____</p>