

First, answer these two questions:

1. What are the benefits of implementing this technology?
2. What are the consequences of not implementing this technology?

Tip 1: Create a Safe Environment

- Create a safe environment isolated from the “real world” or the world outside
- Create an environment to learn, allow questions, and practice (hands-on experience in a training site)

Tip 2: Start Small

“Great things are not done by impulse, but by a series of small things brought together.” - Vincent van Gogh

Run a pilot with a small group, gather feedback, adjust if needed, and then roll to larger groups

Tip 3: Communicate Throughout the Process

- Plan ahead: decide who needs to know what and when (and follow through)
- It is important to get input from and communicate with representatives of everyone who will be impacted by the new technology

Tip 4: Embrace the Challenge

Lead the adoption, overcome any hurdles, build anticipation to roll-out, focus on the benefits

Tip 5: Celebrate Your Successes

- Share success stories throughout the process with your peers, direct reports, and executives
- Thank those who played a key part in the process
- Recognize milestones and achievements

Self-Care* - *Take a little time for yourself. You deserve it!*

1. Take a few deep breathes (breath in through your nose, breath out through your mouth)
2. Rotate wrists in each direction
3. Extend arms in front, pull fingers back for a few seconds and then forward for a few seconds
4. Six Spinal Movements
 - a. Direction 1: Spinal Extension (back bend, looking to the sky)
 - b. Direction 2: Spinal Flexion (rounding your back, like a cat)
 - c. Directions 3 and 4: Lateral Side Bend (raise arms to the sky, bend to the left, then to the right)
 - d. Directions 5 and 6: Twist (place hands on chair and twist to the left, then to the right)
5. Challenge – Eagle Pose (Make goal post arms, rotate your right arm in front, then rotate your left arm in front, under your right arm. If you have the flexibility, stretch until the backs of your hands meet; slowly unwind/untwist arms; make goal post arms and repeat using opposite arms)
6. Take time to breathe and visualize success

*Take slow, gentle movements. Please listen to your body. Feeling a nice stretch is good, however, if you feel pain or discomfort, please do not proceed in these movements.