

Change Readiness Assessment

Understanding My Readiness for Change

Purpose

Periods of change can affect people differently. This self-assessment is designed to help you understand how prepared, informed and supported you currently feel.

The aim is not to judge how well you are coping, but to identify areas where additional information, support or preparation may be helpful.

Rate Your Agreement

1 = Strongly Disagree **2** = Disagree **3** = Neutral **4** = Agree **5** = Strongly Agree

Statement	1	2	3	4	5
I understand what is changing.	☐	☐	☐	☐	☐
I understand why the change is happening.	☐	☐	☐	☐	☐
I know what is expected of me.	☐	☐	☐	☐	☐
I feel informed about the change.	☐	☐	☐	☐	☐
I feel supported during this period.	☐	☐	☐	☐	☐
I know where to go for information or support.	☐	☐	☐	☐	☐
I feel confident adapting to the changes ahead.	☐	☐	☐	☐	☐
I believe I have successfully adapted to change in the past.	☐	☐	☐	☐	☐

Reflection

What Am I Feeling Most Confident About?

What Is My Greatest Concern Right Now?

What Would Help Me Feel More Prepared?

Examples might include:

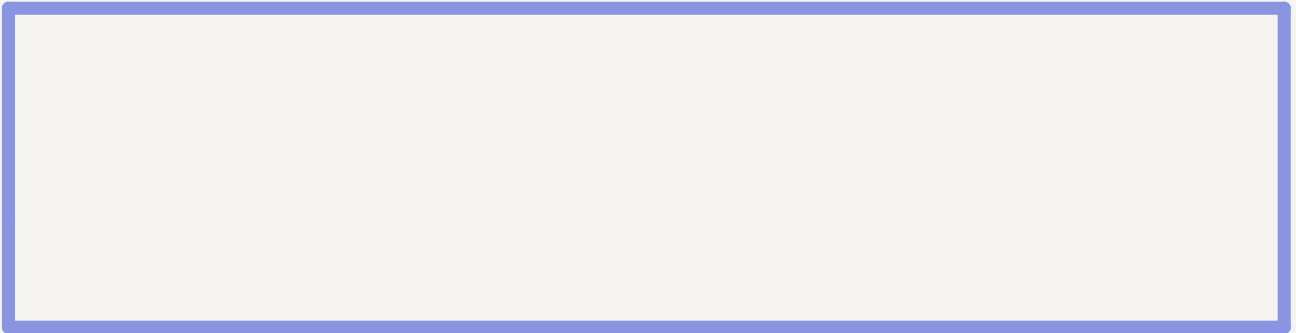
- ☐ More information
- ☐ Additional training
- ☐ More time to prepare
- ☐ Manager support
- ☐ Peer support
- ☐ Opportunity to ask questions
- ☐ Greater clarity about expectations
- ☐ Other

What Strengths Can I Draw Upon?

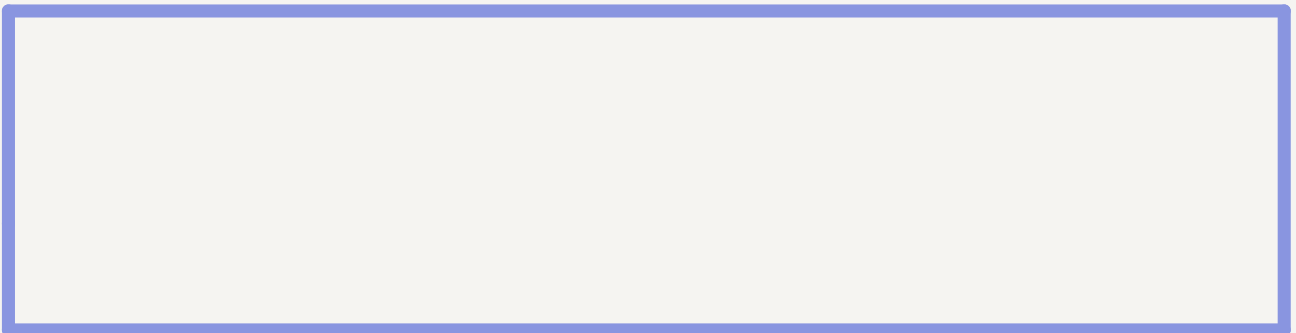
Think about previous experiences where you successfully adapted to a challenge or period of change.

My Next Step

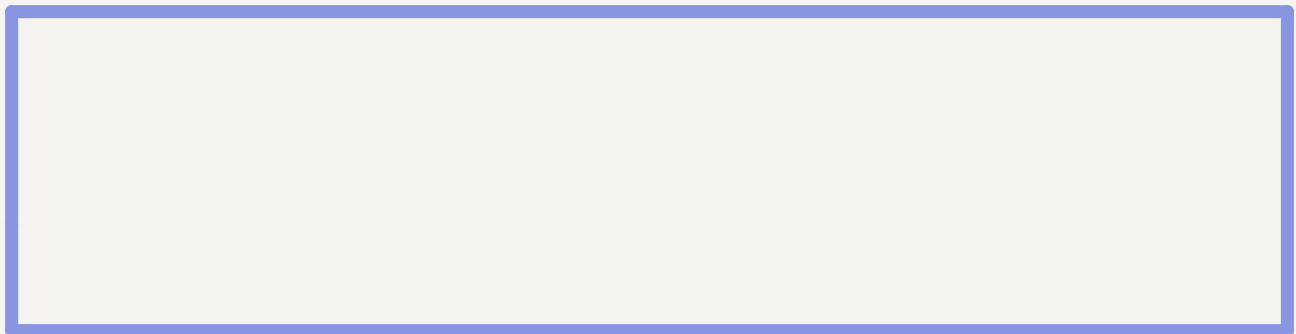
One thing I will focus on over the next week:



One conversation I need to have:



One source of support I can access:



Remember:

Change is rarely comfortable, but discomfort does not automatically mean something is wrong.

Building confidence during change often comes from increasing understanding, seeking support and taking one step at a time.