



Embracing Change: Who Moved My Cheese?
Application to Self and WAHCE Discussion Questions

How did the characters in the book/video react to change? Could you see the change model responses?

Was there reluctance to change? Why?

How did the running shoes work differently with the characters? Does WAHCE have running shoes?

Notice the writings on the walls throughout the video and book? What meanings do they signify for responding to change?

Now, going back earlier, to where you shared changes you have experienced. How does the change model influence how you see something when faced with change, either personally or in WAHCE? How could you use the change model in your responses to change either in WAHCE or personally? Would it help people to see new cheese?