



# Change and Moving Forward

**Change is uncomfortable for most people especially if we do not initiate it.**

1. Don't set unachievable goals or expectations for yourself or others.
2. When going back to work it's wise to remember you will all be readjusting (staff and students).
3. Be Patient with yourself and others
4. Don't forget what you have learnt about yourself and other
5. Be Kind
6. What do you want to take with you from this time and what do you want to leave behind? (Make a list)

*My hope is as a result of what we have been through society will be different, hopefully we can have a deeper resilience, be kinder, and have a greater connection with self and others.*

