



Willing Change

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CERTIFICATE OF RECOMMENDATION

www.willingchangecourses.com

TRANSITIONS – IMPROVEMENTS - PRODUCTIVITY

WILLING CHANGE AND THE NOVA SCOTIA CURRICULUM

Willing Change has been used as the basis of courses for many adult students seeking professional development credits and in personal development. The premise of the book can be summed by these quotes from the book:

Every result was created through action, and every action was preceded by a thought. It is true for anything you have achieved, purchased, or done.

Change is inevitable, continuous, and constant. Expectations of anything or anyone remaining the same can only lead to struggles and hardships.

For those who have not yet chosen a direction, and this applies to adults as much as it does to secondary school students, there is guidance in *Willing Change* to determine what you want to do, be, and have in order to set purposeful goals.

Many people are unaware of the powerful beliefs they hold in their subconscious and their effects.

When you set goals, you are choosing the changes that you want to see in your life. As with unwanted changes, your attitude sets the tone for how easily they can happen. Believing you can accomplish the goal facilitates the accomplishment whereas believing it is too difficult for you holds you back, making it more difficult or even impossible to achieve.

All secondary school students face the same challenge - transitioning into a new role when they leave. Whether it is to pursue further education, employment, a move to another city, independent living or any combination thereof, they face new situations and new circumstances. Their attitudes about those changes directly affect their experiences. *Willing Change* has been written to purposely transform thoughts and beliefs to support handling transitions, improving current abilities, and to increase productivity.

Case studies are used to demonstrate ideas throughout the first nine chapters and the final chapter, a case study about a woman facing difficulties in career choices after graduation, brings together all aspects of the change model. As well as several general learning objectives offered by *Willing Change*, many outcomes are specific to the Nova Scotia curriculum.

Your circumstance and life situation do not determine the quality of your life, you do. And you do it by controlling, managing, and directing your thoughts. With some effort, you can rid yourself of debilitating doubts and turn them into certainties. You were born certain of your goodness and deserving to live life to the fullest. Change your thinking thought by thought. You can live the life you choose.

LEARNING OBJECTIVES OF WILLING CHANGE

Upon successful completion, students:

1. accept responsibility to manage life changes
2. determine skills and behaviours for success in all aspects of life
3. develop and reinforce a personal success attitude
4. plan to manage attitudes as part of their success strategies for life and work

Objectives by chapter:

1. recognize the effect and importance of thoughts and beliefs in goal accomplishment
2. understand the organization of thoughts into mindsets and subsequent rules
3. understand the sources of their mindset influences
4. recognize doubtful thoughts, the associated language, and the ego advantages
5. understand how they perceive
6. understand that self-concept is subject to perception and can be changed
7. understand the model for changing mindsets and demonstrate the use of techniques to transform unwanted beliefs
8. develop an attitude that is open to and accepting of continuous change
9. understand problem solving and decision-making processes and develop helpful mindsets
10. understand and apply the premise of *Willing Change*

Willing Change General Learning Outcomes for Students

1. self-coaching - maintain a calming and supportive attitude that is always available in a constantly changing world
2. demonstrate the knowledge, attitudes, and positive habits needed to be individuals responsible for personal well-being
3. develop and assess personal strategies to embrace and handle change
4. ease the transition to life after secondary school
5. increase goal setting success
6. apply self-reflection and self-evaluation of mindsets, skills, and abilities
7. develop open-mindedness
8. develop decision-making mindsets
9. develop problem-solving mindsets
10. develop an attitude of increased control
11. purposely will changes instead of passively waiting for them to happen
12. improve focus
13. improved self-esteem by removing or lessening doubts
14. optimism
15. sense of security with increased trust in personal abilities
16. live through change with more ease
17. self-motivation
18. develop trust in an innate ability to grow and learn
19. set purposeful goals

**Willing Change Specific Curriculum Outcomes from
Nova Scotia Learning Outcomes Framework**

Career Development 10

Module 1: Personal Development

- 1.1 continue to develop independent decision-making skills
- 1.2 develop effective communication and teamwork skills
- 1.3 effectively manage personal relationships and conflicts
- 1.6 demonstrate an understanding of the impact of different attitudes and beliefs

Module 2: Career Awareness

- 2.1 articulate personal interests, attributes, skills, learning styles, and preferences
- 2.3 engage in life and work planning and goal setting

Module 3: Workplace Readiness

- 3.3 demonstrate an understanding of workplace hierarchies, relationships, and etiquette

Community-Based Learning 10

- 5. apply personal management skills, including positive attitudes and behaviours, responsibility, adaptability, and lifelong learning
- 8. demonstrate a commitment to the process of personal growth
- 10. demonstrate the skills and attitudes required to be successful in a co-operative education course

In-School Component of Co-operative Education 10–12

Module 1: Career Planning

- 1.1 identify and use strategies to determine appropriate, realistic education and career plans
- 1.2 demonstrate understanding of and actively participate in the career-building process

Module 2: Preparing for the Workplace

- 2.1 demonstrate workplace readiness by identifying and assessing personal traits, values, strengths and weaknesses, abilities, and employability skills

Learning Strategies 10

- 10.1 demonstrate an understanding of self and others, the similarities and differences that exist among people, and apply their understandings in a variety of learning situations
- 10.3 apply effective skills and strategies to support them through a variety of transitional experiences

Unit 1: Awareness of Self and Others

- 10.1.1 identify their learning styles and strengths through a variety of means
- 10.1.2 identify their learning challenges
- 10.1.3 communicate, in a respectful manner, their learning strengths and challenges as required
- 10.1.4 identify and employ compensatory learning strategies that will assist them as a learner
- 10.1.6 demonstrate an understanding, respect, and recognition of the value of diversity

Unit 2: Organization

10.2.4 identify attitudes and behaviours that indicate active engagement in their learning

Unit 3: Transition

10.3.1 identify major transitional experiences and identify the challenges, possibilities, and requirements associated with each transition

10.3.2 review their learner profile to identify strengths and challenges associated with transitioning

In-School Component of Co-operative Education 10–12

Module 1: Career Planning

1.1 identify and use strategies to determine appropriate, realistic education and career plans

Module 2: Preparing for the Workplace

2.1 demonstrate workplace readiness by identifying and assessing personal traits, values, strengths and weaknesses, abilities, and employability skills

2.2 demonstrate an understanding of workplace hierarchies, relationships, etiquette, and confidentiality

Life/Work Transitions 10

1. apply the knowledge, skills, and attitudes needed to make informed decisions in their own life/work planning

Module 1: Fundamentals of Life/Work—Planning for a Changing World

1.4 demonstrate and apply the knowledge and skills needed to seek and obtain work

Career Development 11

Module 1: Career Awareness

1.1 clarify and define their life and work goals through further analysis of self-assessment data

1.4 apply the knowledge and skills needed to manage the transition to a range of post-secondary destinations

Module 2: Work Cultures

2.5 make decisions that reflect an understanding of workplace ethics, norms, and values

Learning Strategies 11

11.1 demonstrate an understanding of self and others, the similarities and differences that exist among people, and apply their understandings in a variety of learning situations

11.3 apply effective skills and strategies to support them through a variety of transitional experiences

Unit 1: Awareness of Self and Others

11.1.1 demonstrate self-awareness and self-advocacy skills

Unit 3: Transition

11.3.2 be expected to participate in transition-planning activities such as completing job applications, preparing for interviews, or reviewing post-secondary options

11.3.3 demonstrate self-awareness and self-advocacy skills and strategies

Physical Education 11

2.2 demonstrate effective decision-making skills and critical thinking skills in game settings, and effectively connect these skills to life outside of physical education

2.3 demonstrate effective coping and self-management skills while in game settings, and effectively connect these skills to life outside of physical education

Learning Strategies 12

12.1 demonstrate an understanding of self and others, the similarities and differences that exist among people, and apply their understandings in a variety of learning situations

12.2 apply effective organizational skills and strategies to support learning in a variety of learning situations

12.3 apply effective skills and strategies to support them through a variety of transitional experiences

Unit 1: Awareness of Self and Others

12.1.2 demonstrate how learning strengths and challenges affect career and life choices

12.1.3 communicate their learning strengths and challenges in a variety of settings in a respectful manner

12.1.4 use compensatory strategies that will enable them to be an independent learner

12.1.6 demonstrate an understanding, respect, and recognition of the value of diversity

Unit 3: Transition

12.3.1 demonstrate a variety of essential skills and strategies that will support them in the post-high school transition

Skilled Trades 12 Co-op

Module 1: Career Planning

1.1 identify and use strategies to determine appropriate, realistic education and career plans

Module 2: Preparing for the Workplace

2.1 demonstrate workplace readiness by identifying and assessing personal traits, values, strengths and weaknesses, abilities, and employability skills

Willing Change & Self-Employment Success Workbook

There is great freedom and independence in self-employment. The transition from employee to business owner creates a great need for a transformation of several mindsets to which many students have not been exposed. Changes in mindsets include:

EMPLOYEE	TO	SELF -EMPLOYED
employment seeker		opportunities seeker
worker/helper		visionary/creator
follower		leader
single work focus		work overview
plan short-term		plan long-term
motivated by boss		self-motivated
obey rules		make rules
limited		unlimited

General Learning Outcomes of the Self-Employment Success Workbook

1. develop confidence in self-employment skills
2. understand the need to adopt a new perspective and attitude for self-employment success
3. self awareness with the perspective of self-employment
 - a. review current strengths in character and skills
 - b. establish desired characteristics considering self-employment goals
4. review success mindsets for self-employment
 - a. business vision
 - b. personal productivity
5. review mindsets for business management roles
 - a. marketing and customer relations
 - b. money management
 - c. administrator
 - d. human resources
6. review self-management for entrepreneurs and establish a desired life balance

**Specific Curriculum Outcomes from
Nova Scotia Learning Outcomes Framework
Willing Change & Self-Employment Success Workbook**

Business Management 12

- 2. demonstrate a clear understanding of the manager's role and recognize their own and others' management characteristics and potential
- 4. demonstrate communication and interpersonal skills required in the modern work environment
- 7. identify opportunities to apply management concepts and principles to personal and career situations
- 2.1 describe and explain the importance of each of the manager's functions, roles, and responsibilities
- 2.2 evaluate the appropriateness and effectiveness of various management styles in a variety of business settings
- 2.3 assess their own managerial characteristics
- 2.4 recognize, value, and draw upon the managerial qualities of others
- 5.2 gather and interpret information to apply change management strategies to corporate, entrepreneurial, not-for-profit, and government environments
- 5.5 develop strategies to deal with challenges and change
- 5.6 make and apply informed decisions
- 7.2 determine the best personal fit for their skills within a business environment

Entrepreneurship 12

- 1. demonstrate a clear understanding of entrepreneurship and recognize their own and others' entrepreneurial characteristics and potential
- 3. develop and implement strategies to set and attain entrepreneurial goals
- 4. 7. demonstrate the personal qualities and characteristics of successful entrepreneurs

Understanding Entrepreneurship

- 1.1 articulate a broad notion of entrepreneurship
- 1.2 communicate and demonstrate some of the main characteristics of a successful entrepreneur
- 1.3 assess their own entrepreneurial characteristics
- 1.4 recognize, value, and draw upon, as appropriate, the entrepreneurial talents and skills of others
- 1.5 understand and develop characteristics that they identify as being necessary to their success

Paving the Way

- 3.2 demonstrate the ability to develop strategies to deal with challenges
- 3.3 make and implement informed decisions

Putting It All Together

- 7.2 assess how personal attributes influence the success of a venture
- 7.5 identify the roles of leadership and teamwork in entrepreneurial activities