

Change Resources for CSL In Session – Danger in the Comfort Zone

Compiled by Jean Marie Heilig, MBA, MLIS

Articles:

Adams, C. & Stephens, S. (2010, Nov). "Becoming a Change Agent" [Database] AALL Spectrum (vol. 15, issue 2, p. 26-34). Retrieved from Library, Information Science & Technology Abstracts with Full Text on May 29, 2012.

"How to deal with change effectively even when it's not your idea."

Bull, J. (2002, Mar/Apr) "Managing the Emotional Side of Change" [Database]. Library Mosaics (vol. 13, issue 2, p.11). Retrieved from Academic Search Premier on May 4, 2012.

"The word change evokes emotional responses in the workplace."

Deutschman, A. (2005, May 1). "Change or Die" [On-line]. Fast Company. Retrieved from http://www.fastcompany.com/magazine/94/open_change-or-die.html on May 4, 2012.

"The conventional wisdom says that crisis is a powerful motivator for change." This article will tell you why this isn't necessarily so and suggests change can be initiated by "speaking to people's feelings."

Massey, T. (2001, Nov/Dec). "Change: A Lost and Found Game of Life" [Database]. Library Mosaics (vol. 13, issue 6, p. 11). Retrieved from Library, Information Science & Technology Abstracts with Full Text on May 29, 2012.

"We seem to go through many and sometimes all the steps of grieving in our daily encounters with change."

Books:

Duhigg, C. (2012). The Power of Habit: Why We Do What We Do in Life and Business. New York, New York: Random House Publishing Group.

"People succeed when they identify patterns that shape their lives and learn how to change them."

Heath, C. & Heath, D. (2010). Switch: How to Change Things When Change is Hard. New York, New York: Broadway Books.

People have two separate systems in their brains – a rational system and an emotional system. When these two systems align change can come quickly and easily.

Kotter, J.P. & Cohen, D.S. (2002). The Heart of Change. Boston, Massachusetts: Harvard Business Review Press.

"People change their behavior when they are motivated to do so, and that happens when you speak to their feelings."

Video:

Videos from Chip and Dan Heath's Book Switch: How to Change Things When Change is Hard :

Heath, D. [FastCompany]. (2010, Sep 16). *Why Change Is So Hard* [Video file]. Retrieved from <http://www.youtube.com/watch?v=RpiDWeRN4UA&feature=related>

Heath, D. [FastCompany]. (2010, Sep 16). *Want Your Organization to Change? Put Feelings First* [Video file]. Retrieved from <http://www.youtube.com/watch?v=JhBzxy7CneM>

Heath, D. [FastCompany]. (2010, Sep 2). *Shrink the Change with One-Minute Praisings* [Video file]. Retrieved from <http://www.youtube.com/watch?v=j-iXOvkyAOk&feature=related>

Heath, D. [FastCompany]. (2010, Sep 2). *It's the Situation, Not the Person* [Video file]. Retrieved from http://www.youtube.com/watch?v=Qp1_6hufkoU&feature=relmfu

Heath, D. [FastCompany]. (2010, Sep 15). *How to find Bright Spots* [Video file]. Retrieved from <http://www.youtube.com/watch?v=zbLNOS7MxFc&feature=relmfu>

Videos from Charles Duhigg's Book The Power of Habit :

Duhigg, C. [rhpugroup]. (2012, Feb 20) *How to Break Habits* [Video file]. Retrieved from <http://www.youtube.com/watch?v=4H0fTwtPLfo>

Duhigg, C. [rhpugroup]. (2012, Feb 21) *Target knows your Secret* [Video file]. Retrieved from http://www.youtube.com/watch?v=RC5HNTj3Dag&feature=results_video&playnext=1&list=PL30FC4E7DAE9EC02F

Duhigg, C. [rhpugroup]. (2012, April 3) *How the military uses habits* [Video file]. Retrieved from <http://www.youtube.com/watch?v=s7waGhujn44&feature=autoplay&list=PL30FC4E7DAE9EC02F&playnext=2>

Watch this one just because it's good!

Godin. S. [Ted] (2010, Sept). *Seth Godin: This is broken* [Video file]. Retrieved from http://www.ted.com/talks/seth_godin_this_is_broken_1.html