

Lewin's Change Management Model

Action Planning

Plan For & Make A Change Using Lewin's Model

Think about an upcoming change you need to make or help facilitate that will impact others and processes (If you do not have one you can still plan for change but will not be carrying out the implementation part of the below)

Next, for the UNFREEZE, CHANGE and REFREEZE stages create a checklist of the activities that you need to carry out at each stage and prepare a checklist for you to follow for any change that you face.

If you have got an upcoming change example then apply your checklist to the change.

(N.B you will be required to carry out some additional self-study on each of the 3 stages to help you with this task)