



# 2026 Ambassador Summit

Celebrate Connection and Potential



## Arm yourself with the tools to process change.

- 1 **Allow yourself the space** to acknowledge and reflect.
- 2 **Focus on what you can control:** Direct your energy toward aspects you can manage.
- 3 **Maintain an open mind** to new ways of doing things.
- 4 **Tune into the good:** Reframe challenges as opportunities, practice gratitude and focus on the things that bring you joy.
- 5 **Acknowledge Your Strength:** Remind yourself that you are strong and capable. Recite affirmations, they help solidify the message and promote resilience.
- 6 **Make Plans:** Planning helps to diminish the uncertainty associated with change. Start small, focus on what your day or week will look like.
- 7 **Maintain Self-Care:** Keep up normal habits to protect your mental health. Small habits, like taking a walk provides the mental clarity needed to process big change.
- 8 **Find Support:** Connect with co-workers, family and friends. Strong social support provides a lasting positive effect in dealing with change.