



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.