

What is Journey Exchange?

Journey Exchange a flexible and engaging program designed to foster insight, support and connection as individuals and groups journey through change. We are often so focused on the destination that we forget about the journey. And in fact, the latest neuroscience research has demonstrated that journeys of change – even when those changes are exciting and wanted – not only trigger uncertainty and elicit a wide range of emotions, but even hinder our cognitive function and productivity.

Journey Exchange uses a combination of reflection, dialogue and exercises to gain deeper understanding and clarity about the journey, change perspectives, build support, and shift people into greater awareness and optimism. It can be self-facilitated or led by a facilitator.

When to use Journey Exchange:

- When a group or individual is responding to and/or transitioning through change – whether it's professional or personal

Why use it:

- Even when change is exciting, it can be challenging
- Individuals travel a universal path of change, yet they all have individual experiences and perspectives about any given change
- It's helpful for groups to have a structured way to discuss their experiences and connect
- And, it's been proven that building awareness and mindfulness during change fosters productive shifts

How long it takes:

- Groups can hold a fruitful Journey Exchange in one to two hours
- As individuals, Journey Exchange can help you build support and create awareness in as little as 15 minutes

Each Journey Exchange kit contains:

- A guidebook with dialogue questions and exercises
- A map illustrating the universal journey of change that all humans and groups go through
- A deck of over 30 cards containing the most common emotions people experience during change

We recommend one kit per person, but one can be shared among 2-3 people.



Available for purchase on [Amazon.com](https://www.amazon.com)

Contact us to learn more and/or for bulk orders:

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