

# TECHNOLOGY

## Phase III: Preparing for Change



### Activity: Catastrophizing: Tech Edition (Part Two)

#### Goals

1. Turn the issues identified in Part 1 of Catastrophizing into actionable plans.

#### Prerequisites

Tech Activity: [Catastrophizing - Tech Edition Part 1](#)

#### Who Should Participate?

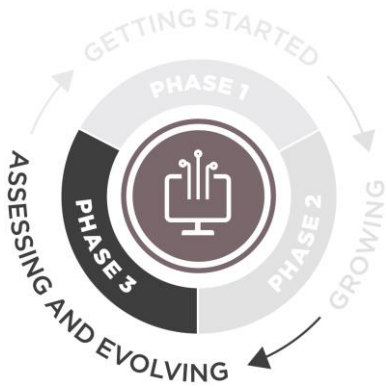
Questions answered by program management, recommendations discussed and/or action on by program leadership.

#### Length

60 minutes

#### Activity Instructions

1. Start with the risk matrix developed in Tech Activity: [Catastrophizing - Tech Edition Part 1](#).
2. For at least each high likelihood / high impact catastrophe, talk through the following questions. The template on page two may help organize your thoughts.
  - a. What is the catastrophe? What is your definition of the problem?
  - b. So what? What are the actual and potential implications?
    - i. Think about balance between being prepared and being practical.
  - c. Now what? What actions could/should we take going forward?
    - i. Are there short-term solutions that can take place while longer-term solutions are being worked on?
    - ii. Can we identify stakeholders we can reach out to for help?
3. Once the template is filled in for at least all the elements in the high likelihood / high impact elements, share with program leadership for discussion and/or development of an action plan.



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### Activity: Catastrophizing: Tech Edition (Part Two)

#### Catastrophe Management Template

<b>What is the catastrophe?</b> <i>What is your definition of the problem?</i>	<b>So what?</b> <i>What are actual and potential implications?</i>	<b>Now what?</b> <i>What actions could/should we take going forward?</i>