

# “Embracing Change”

Presented by Jan Horton Spence

## Top 10 Reasons People Resist Change:

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GENERATION NAME	BIRTHS START	BIRTHS END	OLDEST AGE TODAY	YOUNGEST AGE TODAY
THE LOST GENERATION - THE GENERATION OF 1914	1890	1915	131	106
THE INTERBELLUM GENERATION	1901	1913	120	108
THE GREATEST GENERATION	1910	1924	111	97
THE SILENT GENERATION	1925	1945	96	76
BABY BOOMER GENERATION	1946	1964	75	57
GENERATION X (BABY BUST)	1965	1979	56	42
XENNIALS	1975	1985	46	36
MILLENNIALS - GENERATION Y	1980	1994	41	27
iGEN/GEN Z	1995	2012	26	9
GEN ALPHA	2013	2025	8	1

## The ACT Approach ©:

**A** is for \_\_\_\_\_.

**C** is for \_\_\_\_\_.

**T** is for \_\_\_\_\_.

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