

# Dealing with Change



A 1-day programme

## Who for:

Everyone! Continuous change is a reality of everyday life and work. Developing strategies to support ourselves and our teams through uncertainty and ambiguity is key to embracing the challenge and relishing the ride!

## In this programme, you will learn and practise:

- Practical insights and applications of 3 models of change and reactions to change
- How resilience to change varies between individuals, plus your personal perceptions of change
- Managing your role in change within the context of your organisation and of others' roles
- Resistance to change versus commitment to change
- Positive thinking patterns and positive language – embracing the challenge, engaging the commitment of others
- Building personal resilience to the stress factors in change

