

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

