



Embracing Change: A Guide To Seeing Change Through

Organizations are always looking for opportunities to improve resulting in constant change. For people this constant state of change can be uncomfortable and frustrating. People view change negatively and are resistant; however, to have continued success they must embrace change. Embracing change means reframing your thoughts to view change as an enabler for growth. Individuals who understand the dynamics of change are better equipped to analyze the factors at play in their own circumstances and adopt practical strategies to deal with resistance. This workshop will provide you with the strategies to embrace change. Workshop length and content can be customized to meet your training needs.

How You Will Benefit:

- Accept that there are no normal or abnormal ways of reacting to change
- See change as an essential element that is positive
- Recognize that adapting to change is all about attitude
- Identify the stages of change we go through as we learn to deal with change
- See change as an opportunity for self-motivation and innovation
- Develop strategies for dealing with and accepting changes

What Will Be Covered:

- The Change Process
- Human response to change
- Pace of change and the pace at which people adopt change
- Pyramid response to change
- Resisting and welcoming change
- The Four-Room Apartment of change and how to use it
- How to increase your resiliency to change
- Managing anger and dealing with stress
- An action plan for success

Who Should Attend:

- Individuals in Management and Leadership roles who want to enhance effectiveness
- High Potentials
- Individual Contributors

Let's Get Started?

1. Contact us to get more information
2. We will tailor the program for your audience
3. Execute the training solution

What's Included?

1. Virtual or Classroom facilitation by an expert facilitator
2. Dynamic Interactive Experience
3. Specialized course workbook and materials
4. Personalized certificate of completion