

Change is now a daily occurrence of everyday working life. This workshop covers the key elements surrounding the personal impact of change. It reviews how we typically respond to change and the transition curve and emotions that people typically experience. The workshop will review techniques to cope and thrive in times of change. After completing the course, delegates will be able to:

- Understand the stages they go through when faced with change
- Develop coping strategies for each stage of change
- Gain insight in to the psychological effect of expectance of change
- Develop support networks to help you through periods of change

Pre-Course Work

Complete the psychometric questionnaire (42 questions) that takes approximately 15 minutes. Delegates are asked to bring the completed questionnaire with them to the session where the results will be explained to them.

Course Outline

- Understand your own preferences towards: change
- Linking the dimensions of personality to your experience of change: before, during and after the change
- The impact of emotions on decision making about change
- Separating emotions and facts to enable you to make logical decisions about change
- Coping with changes that you perceive as negative
- The change curve
- How to cope with each stage of the change curve
- Clarifying the detail to understand the change
- Creating options the change
- Taking responsibility for these choices
- Setting short medium and long term objectives
- Maintaining a positive attitude towards change
- Developing personal action plans to manage our transition through change

Duration

1/2 Day

01623 627264

www.xceedtraining.co.uk