

## DEALING WITH CHANGE

DEVELOP THE ABILITY TO UNDERSTAND YOUR OWN REACTIONS AND TREAT OTHERS AS THEY WANT TO BE TREATED

- Who for?:** If you or other people you know are undergoing change - then this will help you decrease the stress it entails!
- Purpose:** To enable you to manage personal and organisational change more effectively.
- Outcomes:** Many People say that 'change is the only constant' in today's business world. This programme will help you understand the personal impact of change, rationalise the feelings and give you the opportunity to take charge of the changes affecting you and others.
- You will learn to:**
- Create a vision for change
  - Work with some practical, tangible and ready to use tools that will help you understand and manage ongoing change
  - Reflect on your behaviour during change and understand how you impact on others and on your business
  - Deal positively with current and future changes, whilst supporting others through the process
  - Develop greater awareness of your personal approach to change, recognizing and overcoming barriers and fears
  - Develop strategies for managing change
  - Use some collaborative techniques for planning change and achieving 'buy in'

In this enjoyable and 'hands on' programme you will work with examples of change from your own experience. The programme will help you to understand and manage change more effectively and with less stress.