



Change is something that excites people who love opportunities for growth, to see and learn about new things, or who like to shift the status quo. Some changes, however, are harder to adjust to and lead to expressions of resistance and anger. We can take concrete steps to make change more palatable by understanding people's hesitation, enlisting the help of others, setting up plans, and managing stressors. These steps can also ensure that desired changes are implemented successfully.

In this one-day course, you will learn how to manage and cope with change and how to help those around you, too.

This one-day course will teach participants how to:

- Accept there are no normal or abnormal ways of reacting to change, but that we must start from where we are.
- See change not as something to be feared and resisted but as an essential element of the world to be accepted.
- Understand that adapting to change is not technical but attitudinal. Change is not an intellectual issue but one that strikes at who you are.
- Recognise that before we can embrace the way things will be, we may go through a process of grieving, and of letting go of the way things used to be.
- See change as an opportunity for self-motivation and innovation.
- Identify strategies for helping change to be accepted and implemented in the workplace.

Course Overview

Participants will spend this session getting to know the course objectives and will also have an opportunity to identify their own personal learning objectives.

What is Change?

To begin the day, we will discuss some basics of change, including definitions and examples.

What is Change Management

During this session, we will explore the benefits of using a planned approach to changes.

The Human Reaction to Change

This session will look at Daryl Conner's interpretation of the human response to change through lecture and small group work.

The Pace of Change

In this session, we will look at how different people react to change in different ways and at different times.

Dealing with Resistance

During this session, we will examine what resistance is and how we can overcome it to make change stick.

Adapting to Change

This session will discuss how to become resilient to change through adjusting attitudes and overcoming fear of it.

Coping with Reactions to Change

People often feel stress when change is taking place. In this session, participants will learn about several approaches to dealing with this stress.

Delivering Your Message

When dealing with change, it is important to provide communication and make sure that it is clear and understood. During this session, participants will learn ways to deliver a clear and effective message.

Course Wrap-Up

At the end of the day, participants will have an opportunity to ask questions and fill out a personal action plan.

