

THRIVING THROUGH TIMES OF CHANGE

COURSE OUTLINE

01428 741 482
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 **3 HOURS**

DELIVERY METHOD: FACE TO FACE OR VIRTUAL

Audience

Through this learning module, you will learn that you have the power to control your change experience. You will be exploring the nature of change in today's world and recognise the nature, speed, magnitude and dynamics of change. To thrive in this rapidly changing world, it is essential to embrace transformation and develop skills and techniques to navigate through change.

Pre-Requisites:

None

Course Objectives:

By the end of this workshop the delegate will have learned the following:-

- Describe the nature and impact of transitions and change
- Recognise how to own and translate the change narrative
- Understand how to create healthy tensions, mutual trust and mutual respect
- Develop and use resilience strategies to maintain energy and focus when faced with uncertainty
- Cultivate a growth mindset to embrace change as an opportunity for growth



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DELIVERY METHOD: FACE TO FACE OR VIRTUAL

Course Content

- The nature and impact of transition and change
- Owning and translating the change narrative
- Creating healthy tensions, mutual trust and mutual respect
- Developing the right resilience strategies when facing uncertainty
- Cultivating a growth mindset to see change as an opportunity to grow

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