

Embracing Change

1 day



Pre-requisites

There are no pre-requisites for this course.

Description

Do you:

- Need to learn how to cope with change?
- Tend to dwell on what's happened rather than work out how to deal with it?
- Want to help others cope with change?

Change is something all businesses and people go through – it is one of the certainties of life! Coping proactively with change affects your success and happiness in your career and in life in general.

This workshop will help you recognise how you currently respond to change. You will be able to recognise the benefits of moving smoothly through the change process and where you may tend to get “stuck”.

It will also enable you to assist others through the change process – a skill essential for those who manage or work within teams.

Aim

This course aims to provide you with the skills and knowledge to respond proactively to change – not just to accept change, but to embrace it!

Learning Outcomes

At the completion of this course you should have the skills and knowledge to:

- Understand the change process
- Identify the thoughts, feelings and actions people demonstrate at each stage of the process and therefore be able to recognise where they may be “stuck”
- Take a proactive approach to change
- Move quickly from “what’s happened?” to “what can I do about it?”
- Champion the change process
- Use the 4 Human Endowments to help you make better decisions when faced with change
- Help others deal more effectively with change

Topics Covered

- Understanding the change process
- Recognising where you and others are in the change cycle
- Choosing your response to change
- Strategies for a proactive approach to change
- Leading others through change
- Understanding managers’ responsibilities at each stage
- Identifying concerns in order to draft actions plans



www.wct.com.au

Canberra Level 1, 15 Moore Street, Canberra City, ACT, 2601 Phone: 02 6162 2929 Fax: 02 6162 2928

Melbourne Level 6, 446 Collins Street Melbourne VIC 3000 Phone: 03 8060 4555 Fax: 03 9642 0150