

## **Change Happens**

Change Happens. Without it, people and organizations stay stagnate, fail to move forward, and many times, move backwards. Those who have an understanding of the dynamics of change are better equipped to analyze the factors at play in the particular circumstances, and to adopt practical strategies to deal with resistance. This session helps to deal with change and provides strategies that can be immediately transferred and applied to real world experiences.

### **Participants will:**

- Understand the change process.
- Respond to change in an open minded and constructive manner to move forward and become an organization of innovation and progress.
- Focus on what is within one's control. Embracing the change mindset.
- Learning the top items of what makes change difficult and how to manage change successfully
- Take accountability and avoid having a "victim" mentality to embrace the challenging stages of change.
- Manage change in a proactive, rather than reactive manner.
- Incorporate strategies to move towards becoming a change agent.

### **Participants receive:**

- Coaching throughout the session
- Evaluation of strengths/areas for improvement
- A workbook/reference manual

### **Class Size**

Maximum of 16 participants per workshop

### **Workshop Length:**

One Day Workshop

Virtual Four Hours