



4D Group

Managing Change

Who Would Benefit?

All individuals who would benefit from gaining some practical tools to help them to manage change and transition.

Objective

At the end of the course you will be able to recognise and understand the effects of change on the individual, recognise and understand the effect of change on the organisation and develop strategies for managing the different phases of change.

Content

- Understanding change.
- The nature of change.
- Change and personality.
- The dos and don'ts of dealing with change.
- Identify your own response to change.
- Understand the three phases of transition.
- Managing the change process.
- Explore ways of helping others to deal with change.
- The three stages of resistance.
- Six strategies for dealing with resistance.
- Being a change agent.
- Checklist for managing stressful change.
- Moving forward.
- Seven step plan for developing a positive response to change.
- The REACH strategy.

Duration

One day