

Thriving on Change

Course Summary

Description

Change offers huge opportunities for personal and professional growth. This workshop is designed to help you understand the new world of constant change. It explores the human response to change and will provide you with practical strategies to identify and exploit opportunities for increased job satisfaction, performance and personal success.

Objectives

At the end of this course, students will be able to:

- Better understand the factors that drive change
- Understand your own responses and how they affect your work and personal life
- Be better equipped to positively manage your responsibilities while remaining true to yourself
- Implement your own personal development plan to achieve your development aspirations

Topics

- Understanding Change
- The Human Response to Change
- Change and Work
- Your Anchors in the Storm of Change
- A Strategy for Living—Work and Personal
- Taking Control of Your Future—Development Plan

Audience

This course will be helpful to anyone who seeks to develop the attitudes, skills and behaviors that will empower them in a dynamic and often chaotic world.

Prerequisites

There are no prerequisites required for this course.

Duration

One day

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Course Outline

- I. Understanding Change**
 - A. Factors that drive change
 - B. Impact of change on organizations

- II. The Human Response to Change**
 - A. The reason for different reactions
 - B. The truth about attitudes and choices
 - C. Stress and loss of control

- III. Change and Work**
 - A. Threats and opportunities
 - B. Managing job satisfaction
 - C. Player or passenger?
 - D. The negative phenomena—differentiating yourself
 - E. Identifying and seizing opportunities
 - F. Leading in chaos

- IV. Your Anchors in the Storm of Change**

- V. A Strategy for Living—Work and Personal**

- VI. Taking Control of Your Future—Development Plan**
 - A. Expectancy theory and self-talk
 - B. Maturity, accountability and courage
 - C. Managing critical relationships—work / personal
 - D. Identifying attitudes for success—work / personal
 - E. Changing behaviors—work / personal
 - F. New skills for new goals—work / personal