

NAVIGATING THE WAVES OF CHANGE

Most of us do almost anything to maintain the status quo. We tend to take action only when forced by an external situation. Learn how to navigate the waves of change and gain valuable insight into your process of dealing with change.

HOW YOU WILL BENEFIT

This course will make great strides in contributing to your success by developing your ability to:

- Understand the transition process and responses to change;
- Identify strategies for managing change;
- Plan appropriate action to implement changes with co-workers and teams; and,
- Develop individual action plans to successfully manage change and transition.

WHAT YOU WILL LEARN

The learning objectives for this course include:

- Determining behaviour styles when dealing with change;
- Identifying core values and stress triggers;
- Learning how to approach change as a process, not an event; and,
- Planning to get beyond the fear of the unknown; and,
- Examining the impact of changes in the workplace and life.

WHO SHOULD ATTEND

Those who will benefit most from attending this course include:

- Executives;
- Managers and supervisors;
- Project managers; and,
- Team leaders.

FORMAT

The course engages a participatory style of learning. This includes round tables, breakout groups and various exercises using scenarios, experiences, philosophies, key words, and definitions. This format has been selected to spring board discussion and allow direct application of the course content to your positions and workplace.