

THRIVING THROUGH CHANGE

THE CHALLENGE

Change is not just the new normal...it's a business and a professional imperative. Even positive change is draining—mentally, emotionally, and physically. Perhaps the biggest threat to effective change management is the human component: when we're drained, our patience wears thin, our attention dwindles, and our ability to think clearly is compromised. Rather than reframing, learning, and innovating, we are quick to push back and shut down. This workshop addresses change through the lens of the human experience. The focus is on how we manage ourselves in the midst of change such that we can reap more of the potential benefits and less of the potential drawbacks.

OBJECTIVES

Participants in this workshop will...



Learn to identify and engage a growth mindset – one that grows and even thrives in times of uncertainty



Discover new, innate mechanisms for sustaining performance through change and ambiguity



Gain practical frameworks for thriving through change

IDEAL PARTICIPANTS

Individuals who feel pulled into change as well as those who want to lead and leverage change. This workshop is applicable to everyone, regardless of their position.

LOGISTICS:

1-day Workshop (9AM – 4PM)

SAMPLE AGENDA

MORNING

Welcome & Introductions
Change in Context: A VUCA World
What Makes Change So Hard?
Change & Resilience
- Tool #1
- Tool #2
- Tool #3
- Tool #4

AFTERNOON

Change & Growth
- Tool #5
- Tool #6
Leading Change: 3 Models in Action
Wrap-up & Call to Action

