

TITLE: Managing Change from the Inside Out

SYNOPSIS: The only constant is change as it is often said and how organizations and its people handle changes is one of the key challenges facing many organizations in this rapidly changing environment. This workshop seeks to equip participants with the mindset to deal with change and offer resources and strategies to manage change and lead change as well as develop resilience in the face of rapid change.

DURATION: One Day or Two Days

TARGET AUDIENCE: Frontline, Supervisors, Executives, Managers

PROGRAM OBJECTIVES:

By the end of the program, participants will be able:

- To explain the different stages in a change journey
- To identify specific actions to take in response to a change
- To identify the broad forces causing change
- To identify why people resist change and to develop a plan of action to overcome resistance to change
- To develop resilience in the face of change

PROGRAM CONTENTS:

- Why Change?
- Change Starts with You
- The Change Journey
- The Challenge of Change
- Overcoming Resistance to Change
- Developing Resilience to Change