

Surviving Change - 1 Day Workshop

This facilitated session is highly interactive and stimulating; including group discussion, surgery sessions, practical activities based around real scenarios and application of specific models and tools to support Managers in guiding others through the change process. This workshop focuses on managing the emotional side of the process rather than the employment law perspective.

The workshop is designed to enable Managers to consider their own response and 'state' in reaction to the change process and to understand and support others through the process.

Tools to support Managers in holding professional difficult conversations and supporting the team moving forward are included in the session.

Content

Understanding Change

- Scenario Building—Session to explore the scenarios the group are experiencing
- Understanding Change and reactions to it
- Managing the team through the Change process

Managing Feelings and Responses to Change

- Personal Coping Strategies—Coping with change
- Communicating through the change process
- Managing our own mindset and self esteem
- Handling challenging conversations professionally

Action plan, monitoring and measuring success

