

# ARE YOU MANAGING CHANGE OR IS CHANGE MANAGING YOU?

## **Goal:**

Improve participants' ability to implement and manage change.

## **Overview:**

The one consistent characteristic of today's environment is that of change.

When **change manages us** we experience powerlessness, anxiety, and a lack of motivation. We have a tendency to ruminate, blame others for how we feel, and allow the change to affect our relationships and our health.

When we are **managing change** we feel energized, focused, and productive. We are able to clearly evaluate our choices and concentrate our attention on those things we have the most control over.

## **Objectives:**

Participants will learn:

1. To interpret the dynamics of change.
2. How to evaluate the impact that change has on you and your colleagues.
3. A model for soliciting collaborative support for change.
4. Four strategies managing change.
5. How to manage by *prevention and response* versus reaction and crisis management.

**Duration:** 4-hours



*A great wind is blowing  
and that gives you a great  
imagination or a headache.*

—Carlos Castenada



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