

NAVIGATING CHANGE

TOPICS

CHANGE VS TRANSITION

Understand the important difference between these concepts.

THE NATURE OF TRANSITION

Explore the characteristics of transition: letting go, getting emotional, experiencing loss.

REACTIONS TO CHANGE

Identify the various reactions you can experience when faced with a change.

MANAGING THE CHANGE

Identify elements of change you can control, and which are out of your control.

CREATING YOUR PERSONAL PATHWAY

A step-by-step plan for you to follow through your change.

WHO WILL BENEFIT?

Anyone anticipating, transitioning through, or finalizing a change in their lives.

Turbulent times at work?

Big things happening in your personal life?

Are the number of changes almost too much to bear?

The rate of change is only increasing. Now is the time to equip yourself and your teams with the skills necessary to navigate this impending whitewater.

Navigating Change clarifies an often misunderstood concept – that change and transition are different. When this difference is understood, the key to unlock the challenges with change are in your hands. The tools provided in this workshop transfer to participants lives immediately and easily.

At the end of this workshop, participants will be able to:

- Distinguish between organizational change and personal transition.
- Recognize that transition is a natural and necessary experience.
- Develop strategies for moving through personal and professional transition.
- Identify ways to maintain flexibility and a healthy perspective on change.
- Create a personal pathway for guidance during times of change.
- Chose a course of action that affects what can be controlled during a change, rather than what is out of one's control.