

NAVIGATING CHANGE

Turbulent times at work?

Big things happening in your personal life?

Are the number of changes almost too much to bear?

WHAT IS IT

Navigating Change clarifies an often misunderstood concept – that change and transition are different. When this difference is understood, the key to unlocking the challenges with change is in your hands.

Workshop attendees 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 transition.
- Identify ways to maintain a healthy perspective on change.
- Create a personal pathway to follow in times of change.
- Identify what can and cannot be controlled during change.

WHO BENEFITS

All employees who are experiencing change in the workplace will benefit from attending this workshop. The tools provided transfer immediately and easily to life's challenges.

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.

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