

Change & Resilience Workshop Experience

Overview

In this 2-hour workshop, participants address the challenges of change and uncertainty, which can amplify existing cracks in team culture.

They will explore how different Archetype patterns respond to change, identify their own change triggers, take accountability for reactive behaviors, and learn strategies to tap into their innate motivations for positive outcomes amidst evolving work environments.

Key Outcomes

- Build change muscle at the individual level.
- Identify personal roadblocks and resistance to change.
- Connect the strengths and motivations of the team to organizational changes.
- Identify actions to lean into when challenged.
- Reduce anxiety and stress through transitions and build a support system.

Agenda

Prework	*Team Storytelling Workshop* • Everyone should have a Story Profile
Part 1 15-min	*The Challenge of Change* • How Human Beings Respond and Adapt to Change and Transition
Self-Reflection 30-min	*How Do I Respond to Change?* • Participants reflect on a current change they are experiencing. Using the Change & Resilience with Archetypes Handout, they consider how their own Storylines react to change or become resilient. With this information, they build a Personal Change Plan.
Part 2 1.25-hour	*Exchange of Personal Change Plans* • Small groups share their reflections about how they will approach change with their best foot forward, and what support they will need.

Individual employees are stepping into ownership, asking, how do I need to change to create a culture I want to be a part of?

WORKSHOP PARTICIPANT