

Learning Solutions

NAVIGATING THE EMOTIONS OF CHANGE

GREAT SOLUTIONS DON'T GUARANTEE SUCCESSFUL CHANGE

When introducing change into an organization - whether large or small - success is not driven by the quality of your solution or idea. It's driven by the level of acceptance among those who are impacted by the change. While we like to believe that our decisions are based on data, that's simply not true. In order to lead successful change, you must understand and help others navigate the emotions of change.

WORKSHOP DETAILS

Target audience

Anyone responsible for leading change

Time investment

- 3-hour workshop
- Optional 15-minute Q&A session

Workshop format

- Live classroom
- Virtual classroom
- Train-the-Trainer

Workshop features

- Break-out room discussions & activities
- Time for personal reflection
- Practical take-away tools
- Designed to be practical, interactive, memorable ... and a little bit BOLD!

LEARNING OBJECTIVES

Workshop participants will ...

- Explore the neuroscience of decisionmaking and change
- · Understand the cycle of emotions that we experience when faced with change, based on the Bridges Transition Model
- Discuss the impact of change fatigue on acceptance
- Gather tips for interacting with others at each phase of the Change Bridge
- Practice empathetic listening techniques, a key skill in leading change
- Learn to guide others through change with a Platinum Leadership approach



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