

**Design:** 2-4 hour sessions; highly interactive; flipped learning design

## Overview of the Mindsets for Change Series:

While change is challenging for most of us, it also means growth and an opportunity to reinvent ourselves. This series explores the complex realities of change and offers practical tools and frameworks for moving through change with a positive mindset that ensures success. We approach change first from a personal point of view and then build towards ways to be resilient and true to oneself in the face of change.

### The Change Journey

- Questions and Reflections
- Change Success Strategies
- The Value of Your Track Record

### The Big Questions

- Being BOTH a Learner AND Judger
- Getting Unstuck
- Powerful Questions for Change

### Resilience

- Resilience basics: Gratitude
- Laughter and Fun for Resilience
- 3 Good Things

### Leading Change—Part 1

- Pitfalls and Wisdom
- The Human Side of Change
- The Power of Communication

### Leading Change—Part 2

- Engaging Stakeholders
- Models and Myths
- Practical Approaches

### Customization Options:

We can adjust this series to meet your business needs: frequency of sessions, length and depth of sessions, virtual or in-person format.

**Sustaining the change:** We strongly recommend individual or group coaching during or at least after this series to help participating leaders embed their style changes into habit. We offer multiple combinations of coaching for sustainment.

Grace Partners, LLC Sarah Spengler, MSOD, Principal

216-392-9643

sarah@gracepartnersllc.net

www.gracepartnersllc.net

3423 Tullamore Rd. Cleveland Heights, OH 44118