

The Change & Transition Experience



A full day immersive experience that helps individuals and teams navigate change with clarity, confidence and emotional intelligence.

Change is external, transition is internal. Most organisations manage the change but ignore the transition.

This full day experience helps people understand the psychology of transition, the emotional journey behind change, and the tools needed to move through it without losing themselves.

WHAT WE COVER

- What resilience really is
- Nervous system + stress
- Emotional load
- Patterns that block resilience
- Micro tools for everyday resilience
- Integration & action

WHO ITS FOR

- Teams navigating organisational change
- Leaders managing transitions
- Individuals experiencing personal or professional shifts
- Organisations wanting to support people through uncertainty

OUTCOMES

- Clarity on the difference between change and transition
- Emotional awareness during uncertainty
- Tools for navigating resistance
- Improved communication
- Stronger team cohesion
- Confidence to move forward

DELIVERY + PRICING

Delivered:

- Virtual (split into two half-days)
- In-person (full day)

Pricing:

- Organisations (Virtual): £2000
- Organisations (In-person): £2400

Book Your Session

Email us at
info@trans4mativeminds.co.uk or scan
the QR code

