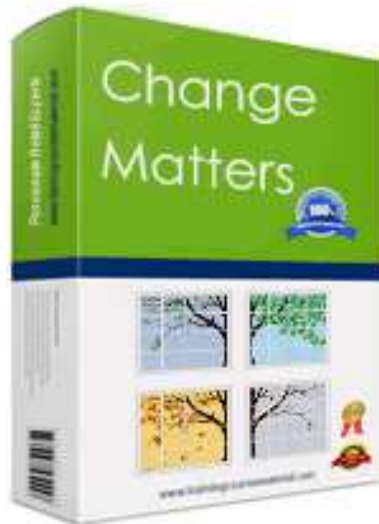


6th Date of the
Month (Year
2019)

Change Matters - Change Management

Duration: 1 Day

Audience: Individuals at all levels who wish to learn and follow a logical process in order to deal effectively with personal change.



Overview

No matter if you are the boss at your company or an employee, change affects everyone. In dealing with change, people must address their own thoughts, feelings and behaviors first to be able to go through the labyrinth of change.

There are loads of books and training programs addressing organizational change. The different thing about this training program is that it focuses on personal

reactions and emotions and what it actually feels like during a workplace change or a personal change. It provides you with a logical framework to assist you in gaining perspective on the change situation you are facing and its impact and helping you develop insight that will guide you through the transition.

The goal of this one day program is to help you take responsibility for how you react and respond to a change by giving you a set of tools and techniques of self-awareness and assessment to light up the curves and sometimes bumpy ride on your road to change.

Course objectives:

By the end of this training course participants will be able to:

- Clearly understand how it feels like during a change situation.
- Understand and follow a six step process to help you take responsibility for how you react and respond to change.

<https://plantraining.wordpress.com>

Outline of topics

Module 1 : Introduction to Change

- ✓ The 5 key principles of change
- ✓ Readiness for change – self assessment questionnaire
- ✓ The change curve
- ✓ The link between change and memory

Part 1: Loss & Doubt (Step 1&2)

- ✓ Step 1 loss to safety
- ✓ Choices model and the burning platform
- ✓ Step 2 Doubt to reality
- ✓ The six basic questions

Part 2: Discovery (Step 3&4)

- ✓ Step 3 Discomfort to motivation
- ✓ Self reframing
- ✓ Step 4 Discovery to perspective
- ✓ Force field analysis

Part 3: Integration (Step 5&6)

- ✓ Step 5 Recognizing the benefits of the change
- ✓ Changes you survived - Activity
- ✓ Step 6 Experiencing integration after the change
- ✓ Change analogy – the flying trapeze

Competitive review game - *An Exciting review challenge (Power Point Game)*

The Training package includes:

- Self-discovery activity
- Group exploration and facilitator-led discussions
- Best practice theory exploration
- Game-based learning
- Practice exercises
- **Participant Reference Workbook**
- **PowerPoint Slide Presentation**

<https://plantraining.wordpress.com>