

# Coping with change

## How to make change work for you

Everyone is acutely aware that the structure, processes and relationships in their work environments are changing at an ever-faster rate. Change is exponential, relentless and ongoing. It is our main constant and many people are bewildered by the experience and struggle to meet the challenges that constant change brings.

*Coping with change* is an interactive half-day program that provides an awareness of the tools and techniques for those involved in change to confidently deal with the change and to also play a part in inventing and fashioning the future.

### Recommended for

Anyone involved in workplace change or who needs to work with groups to achieve positive outcomes during change.

### Purpose of the program

Participants will identify the predictable stages of change and learn how to develop the attitudes, resilience and take the action that will help them to cope each day.

### Program content

- The nature and sources of current workplace change
- The history of change in the organisation and personal experiences of change
- Personal resilience strategies for life
- The change curve – the predictable way in which change occurs and how people respond to change
- How to recognise where people are in their change journey
- Personal coping strategies for each stage of the change journey
- Effective interventions to support people through change (including leadership)

## Learning outcomes

By the end of this workshop participants will have developed a plan for coping with the changes and building greater resilience during this time.

## Master the skills

This is a highly interactive and practical program. In the workshop, participants will explore and apply the learning to the changes happening to them. They will develop a plan for coping with the changes and building greater resilience during this time.

Discover it, learn it, practise it, make it your own  
***then do it for real!***

## Create your innovative workplace:

- Two-hour creativity taster for your team
- Half day and full day creativity and innovation workshops for workplaces
- Innovation leadership development
- Key note presentations and breakout workshops
- Innovation consulting – create an innovation culture in your organisation

Results through **INNOVATION**