

Navigating Change



The Navigating Change workshop is aimed at clients who are looking for a program to support employees through periods of change and transition.

The aim of the workshop is to provide practical tools and strategies enabling individuals to be more effective in coping during times of change and uncertainty.

Benefits of the program include:

- Helps employees understand the impact of change on themselves, their peers and co-workers.
- Empowers employees to manage their own perception of change.
- Highlights the importance of communication during the change process.

Workshop format

An interactive and engaging full day workshop including individual and group activities for participants to explore how they think, feel and see change. The workshop also provides tools and strategies to help individuals to become more responsive and agile in coping with an environment of change and uncertainty.

To find out more contact your Account Manager today.

Learning outcomes

- Build self-awareness around current capabilities in relation to change.
- Develop effective strategies to respond and adapt to change.
- Understanding and normalising the impacts of change.
- Develop effective strategies to maintain motivation and to also influence teams through change.
- Support emotional resilience during change.