

# Dealing Effectively with Change

*This practical, interactive workshop offers the skills, knowledge and strategies for participants to take control of their part of the change process.*

## YOU WILL LEARN

- See change as an opportunity rather than a threat
- Learn and apply self-management and self motivation concepts during change
- Take responsibility for your part of the change
- Effectively manage stress and create an active wellness plan during change
- Create self-motivation on a daily basis
- Gather personal support and personal reward during change
- Create win / win outcomes
- Give yourself effective feedback and a reality check
- Develop a consistent, positive self-esteem and match your self-image to your self-esteem

## COURSE HIGHLIGHTS

1. Improving Your Skills during the Change Process
2. Understanding Emotional Stages of Change
3. Understanding and Improving Communication Around Change
4. Five-Step Process on Dealing Effectively with Change
5. Nurturing your Self-Esteem During the Change Process
6. Seeing Change as an Opportunity

## DURATION

2 days