

Change Management Tips and Tricks

Program Details

There is a lot of talk about "change" -how important it is, how we should alter the way we do to things at work and in our personal lives in order to be more effective. On the one hand, we need stability and perform well when we feel secure and established in our working and home lives. On the other hand, we can become stagnant, complacent and uncreative when we shy away from change or when we find we simply cannot cope with it. Change affects all of us in different ways and we experience change and transition at different times. This course is designed to provide staff with information and tools to assist the process of change and transition from an individual perspective.

Outcomes

In this training, participants will:

- Gain a better perspective of the nature of change.
- Learn about different stages of reacting to change.
- Define their own personal attitudes to change.
- Discuss coping strategies for managing change.



Training Length

1 – 1.5 Hours