



# MANAGING SELF AND OTHERS THROUGH CHANGE

A constantly-changing world and workplace require skills in being able to deal with change and learn to grow from it. High performing workplaces are dynamic and encourage positive change management as tools for growth.

Organisations that want to flourish and to thrive are innovative and understand that change can be difficult but can also facilitate a growth mindset. New technology, new systems, organisational changes and restructures and the impact of global factors mean that workplace change is a part of all working lives. Winning employees' commitment to innovation and change in the workplace is the key challenge for successful implementation of change.

## KEY BENEFITS

- An increase in productivity because less time is spent in conflict or uncertainty.
- Managers that are knowledgeable and confident to deal with issues arising from change.
- Understanding personal and organisational reactions to change.
- Developing resilience through the change process
- Strategies for managing the change process in ourselves and others.

## LEARNING OUTCOMES

- Developing an understanding and awareness of personal reactions to change.
- Learning how others react and behave when dealing with change.
- Being able to navigate through change and develop strategies to assist.
- Building resilience in ourselves and others to facilitate the change process.

## WHO SHOULD ATTEND

For managers dealing with change

## DURATION

Half day or full day

## METHODOLOGY

A variety of presentation methods and tools are used to ensure the learning experience is interactive, engaging and effective, including:

- PowerPoint presentation
- Group facilitated discussion
- Group activities
- Case studies