

DEALING WITH CHANGE – LEVEL 1

COURSE OBJECTIVES

OVERVIEW

Change is successful only when you 'buy into' and support new strategies. This powerful course creates individual awareness and implementation of action plans in order to face changes positively as an individual contribution to, or leader of change. The training enables you to gain control over changes and lead you through the steps of effective change management, and help you to produce the results required to succeed.

AT THE END OF THIS TRAINING YOU WILL BE ABLE TO:

- Have a passion for change
- Deal with changes at personal and school level
- Understand the change process
- Understand the emotional stages of change
- Identify personal response to change and skills to deal with change
- Complete an action plan to respond personally to change in an effective way

COURSE MODULES

INTRODUCTION

- Program Objectives
- Personal Objectives

UNDERSTANDING CHANGE

- Understanding change
- Why Change
- Types of Change

BUILDING A POSITIVE ATTITUDE

- Why change is hard
- The comfort zone
- How we resist change
- Reacting to change
- Moving through the stages

COMMUNICATING AND IMPLEMENTING CHANGE

- Kotters 8 step model

REINFORCING CHANGE

- The "iceberg" Model
- Resistance

ACTION PLAN

- Create an Action Plan

Duration: 1 Day | SACE Points: 10