

Managing Change

Course Overview

Course Description

The aim of this course is to enable delegates to understand and appreciate organisational change and its impact on individuals and the workforce as a whole. A range of strategies and applicable techniques are discussed and demonstrated for immediate use helping organisations to positively manage individual and group approaches to change and the uncertainties and potential stress that arise.

Target Delegate

Employees of organisations undergoing change.

Prerequisites:

None.

Delivery Method:

Instructor led, group paced.

Performance-Based Objectives

By the end of this course each delegate will be able to:

- Understand how change affect all of us and how to aim for the positive opportunities change provides
- Assess and apply current individual skills and abilities and organisational services that make the change process assertively manageable
- Understand simple coaching techniques used to focus on the positive aspects in managing the reality of change
- Assess their own stress levels and identify the common causes in the workplace and at home
- Identify the most common effects of stress on their quality of life
- Effectively provide and monitor information about organisational change and the activities connected to it to minimise procrastination and maximise positivity amongst the workforce
- Identify the key areas where they can 'take control' of some of the causes of stress, plan and take positive courses of action
- Introduce some tactics designed to sustain a long term positive mental attitude (Turn positive thoughts into positive action)
- Learn a number of relaxation techniques

Additional information

This course is delivered for the delegates who attend on the day. Thus it is adaptable to ensure it meets and excels expectations and needs.