



Managing Change and Transition

Change is a fact of life and it is inevitable. Yet most of us fear change and don't know how to make it work to our advantage. This workshop will help employees learn to see change as something to embrace rather than something to fear.

The workshop includes the following information:

- Definition of change.
- Definition of transition.
- The 7 stages of transition
- The difference between change and transition.
- Behavioral changes that facilitate change and transition.
- The role of grief in change and transition.
- The role of perspective (optimism or pessimism) in change and transition.
- The individual's role and responsibilities in change and transition.

Participants will leave this workshop with a different perspective regarding change and many tools to help them deal with change in a more effective way.

The workshop can be designed for a one- or two-hour presentation. Both options cover the same information. The two-hour workshop includes additional interactive components, such as group discussion, experiential exercises and workplace application exercises.