



## EMBRACING CHANGE IN THE WORKPLACE

### DESCRIPTION:

In this workshop participants learn to value change in order to help their company become a world-class organization. Participants will understand the psychology of change and evaluate personal perceptions related to transitions in today's workplace. Participants discover techniques to change their attitude and learn how to deal with the stresses that arise when facing changing situations. By the end of this workshop, participants will have new skills to not only handle change, but lead it.

### WHO SHOULD ATTEND?

All employees exposed to change in the workplace.

### DURATION: 1 Day

### CONTENT:

- Myth vs. reality
- The need for change
- Defining change
- The three phases to change
- Personal perception of change
- Five steps to making change
- Pre and post evaluation covering the topics of the course.

### OBJECTIVES:

By the end of this session, participants will be able to:

- Identify personal attitudes toward change.
- Develop a sense of purpose in the overall company strategy.
- Explain the importance of adapting to new situations in today's competitive workplace.
- Work with others to create change for the better.
- Practice techniques to recognize and manage stress.
- Communicate effectively with others in changing situations.
- Create a personal action plan to successfully be a part of change.