



Change Management Change and How to Deal With it.

Description: *Managers traditionally have had the task of contributing to the effectiveness of their organization while maintaining high morale. Today, these roles often have to be balanced off with the reality of implementing changes imposed by senior management. Managers who have an understanding of the dynamics of change are better equipped to analyze the factors at play in their own particular circumstances, and to adopt practical strategies to deal with resistance. This course will help you deal with change and will give you strategies to bring back to your employees.*

Session One: Course Overview.

Session Two: What is Change?

Session Three: The Change Cycle

- The Three Phases
- Insights

Session Four: The Human Reaction to Change

- Control and Change

Session Five: The Pace of Change

- The Trend of Change
- Case Study: Getting More from the Last Hour

Session Six: The Four Room Apartment

- The Framework
- Group Discussion

Session Seven: Dealing with Resistance

Session Eight: Adapting to Change

- Understanding Resiliency
- Pre-Assignment Review.

Session Nine: Strategies for Dealing with Anger

- Managing Anger
- Dealing with the Anger of Others

Session Ten: Managing Stress

- Stress Management Techniques
- Adjusting Your Attitude
- Workshop Wrap-Up