

EMBRACING CHANGE...

Change is a constant and unstoppable force which is happening all the time in both our work and social lives. In this virtual learning session, we'll introduce you to practical methods and techniques which will ensure that you're able approach change with a more positive mindset.

(Duration: 90 mins)

Here's a flavour of what we cover:

- ▶ **The Bigger Picture** - Understand the wider reasons and drivers for change
- ▶ **The Change Curve** - Learn how emotions and feelings impact change
- ▶ **Change Victim Victor v Change Champion Charlie** - Learn why we all react differently
- ▶ **The Circle of Concern and Influence** - How to focus on the things you can influence

Interested? Get in touch with Mike for a chat to see how we can design a course that suits you...

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