



Preparing Yourself for Change

a personal-action toolkit clinic to help staff prepare for change and engage with it more constructively

What's this about...

Coping with change can be stressful – even if you're in control of it. It's twice as stressful for those who don't feel much in control of it at all. Staff often feel overwhelmed or powerless facing major change. Some enthusiastically embrace change. But it also leaves many feeling pessimistic, deflated, cheated or change-fatigued.

This 1-day clinic is for staff who want to learn how to change. It takes a look at the personal side of change and helps them identify what they can do to prepare themselves better for it, cope with change, and engage with it more constructively. [\[More on-line\]](#)

Learn how to...

- Manage the personal & emotional dynamics of change
- Reflect on your typical responses & reactions to change
- Identify impacts change has on you & how to cope with it
- Improve the way you handle change & make it work for you
- Increase your change-ability & overcome change anxiety
- Use tools to navigate your way around change and engage with it more positively

Topics we cover...

- How people change: why we love to & hate to
- Change-ability: taking your change temperature
- How I respond to change – emotions, attitudes, reactions
- Finding out what this change is all about
- Models managers use to talk change – & so can you
- Emotions mapping – what I think & feel about change
- Controlling change stories: taking a different view
- Checking my change assumptions & concerns
- Seeing where you are on the Change Cycle
- Learning to talk through change with others
- Dissecting my reasons for resistance or reluctance
- Change limiting and empowering beliefs
- What to do if you decide to engage with change

Is this right for you?

This clinic is for staff who want to learn how to handle change better on a personal level. If you're a leader who wants to know how to prepare others, we suggest *Preparing People for Change*.



“Excellent and very helpful. It changed my focus from being fearful of change to seeing that the more people get involved in it, the better – and from being negative about change to seeing how I can get included and possibly win over others too. Tools were great – and the way we were shown how to use them gave you lots of ideas. I now feel more confident to personally handle change”
Dennis Wyatt – Queensland Health

Course Features...

- A 5-stage roadmap to manage personal change
- Take-away a 75-page personal change guide with 20 tools to help make change work for you
- Do the Personal Empowerment Change Checklist
- Create a personal change-ability preparation plan

[REGISTER On-Line](#)

[Download FORM](#)

Course Details...

Duration: 1 day

Fees: \$440 single, \$396 NFP & schools
Other discounts offered by email

Locations & Dates: See our [2014 Course Calendar](#)
Recommended in-house for staff change populations

Registration: [On-line, by Email or Fax](#)