

Navigating Change

Version: 1.00

Code: Yellow 03



For people who want to nourish their ability to handle change and do well.

For organisations that want to help their people prosper in the face of change so they can be and do their best.

For teams who want continue to perform and feel good about their work while adapting to changes in their situation.

Overview

Organisational change is a balance between corporate responsibility and individual capability. No matter how well the organisation plans, designs and implements change there will always be disruption to the status quo. That is the point of change. This means people have to make personal adjustments as they make the transition from the old way of doing things to the new.

People tend to feel more comfortable when they are doing familiar things. They are also usually fully occupied with their current responsibilities and commitments. This means they often don't see change coming. So it comes as a shock and they have to adapt quickly. This even happens when organisations give plenty of notice that change is coming. People hear the message but remain focused on getting today's work done. They deal with the change when it arrives, when it start to directly affect them.

Some of our other programs address the leadership and change management priorities of organisations. This program focuses on the individual person and how they can help themselves to adapt to change, engaging change positively with resilience.

This seminar helps people understand their experience of change and what they can do to successfully navigate it. They will explore its phases, they types of change they deal with and the role of communication. They will also explore the personal and practical impacts on their emotions and ability to keep working well.

Outcomes

- Identify where they are in a change process
- Recognise the types of change they are dealing with
- Apply strategies to engage in effective communication
- Understand and manage feelings generated by change
- Use options to sustain their wellbeing during change
- Recognise the temporary impacts on their work
- Implement strategies to help them to work well

BASIC DETAILS

PRICE

GROUP PROGRAM
Negotiated price

LENGTH

1 PART DAY SESSION

GROUP SIZE

Scalable to a range of sizes

FOR MORE INFORMATION

VISIT

www.grevilleaconsultants.com.au

or call: 0421 080 311

PROGAM ELEMENTS

Group work

Reflective processes

Experiential learning

Personal application

Practical frameworks



Grevillea Consultants

*Bringing you over two decades
of leadership and organisational
development experience*

PROGRAM DELIVERY

This program is scalable to a wide range of group sizes.

Programs are delivered at your premises or a suitable workshop venue of your choosing.

Programs are adjusted as needed.