

## Managing Change

Change is the new normal and the only constant in the modern workplace, and that isn't about to change anytime soon (pardon the pun!). Although we may *say* otherwise, many of us are resistant to change for a variety of complex reasons.

This course will help managers by empowering them to embrace change and then build on this by providing the tools and techniques to make sure they manage it effectively, so that their teams can also embrace it.

### What will you learn?

- ⇒ Understand the change process and phases of change.
- ⇒ How to prepare for change in a structured way.
- ⇒ Effectively manage your team through change.
- ⇒ Be able to develop methods of pre-empting and responding to resistance.
- ⇒ Influence others in the change process.

### What will you cover?

- ⇒ The psychology of change
- ⇒ Why we respond to change differently
- ⇒ Dealing with resistance to change
- ⇒ The three phases of change
- ⇒ Tools for managing change effectively
- ⇒ Tools for communicating change effectively
- ⇒ Create a positive plan of action to embed learning

### Who is it for?

Managers and leaders who want to make sure change in their team and organisation goes smoothly and is seen as a positive.

### How long will it take?

One day