



## Managing Personal Change

They say that if we don't adapt, we can't move forward. With changing norms and behaviors, it's important to invest in something we truly desire, then simply following what seems good. The Managing Personal Change Training provides an opportunity to achieve two goals at once. It requires determination and willpower to challenge norms alter the state of affairs compete in diverse markets and stand out from the crowd. It takes courage to take that leap and bridge the gap. You have the freedom to choose how you want to navigate your change. The Managing Personal Change workshop is specifically designed to address the challenges faced by managers. Give us a call. Together we'll tackle these interconnected forces.

## **Course Overview**

The initial part of the day will be spent on introductions and discussing what participants can expect during the workshop. Students will also have a chance to identify their learning objectives.

By the end of this one-day workshop participants will;

- Acquire techniques, for maintaining composure and effectively managing stress in a manner.
- Developing behaviors to replace ones.
- Seeing change, as an opportunity for self-motivation and innovation.
- Recognizing the need to grieve and let go of the past before embracing the future.
- Understanding that different people react to change in ways.
- Acknowledging that adapting to change requires not skills but also a positive attitude.
- Engaging in discussions sharing personal case studies and participating in group activities to become resilient in the face of change.

## **Our Perspective on Change;**

Firstly, we aim to help participants view change as an necessary part of life than something to be feared or resisted. Our trainer will facilitate discussions on strategies for accepting and implementing change effectively within the workplace.

## **Managing Anger;**

Changes often evoke feelings of anger among individuals. We will explore techniques, for managing both our anger and that of others through lectures and small group exercises. This session aims to provide participants with an understanding of the causes of anger.

## **The Change Cycle;**

In this session we will delve into William Bridges three phase model of the change cycle through group discussions and a brief activity. This session is an opportunity to emphasize the importance of understanding the process and how it can be advantageous, for us.

## **Coping with Stress**

Amidst all the changes that occur it's not uncommon for people to experience stress. In this session we will explore techniques for managing and relieving stress. These techniques have been widely embraced by business teams across Australia.

### **Effective Strategies for Adapting to Change**

After examining change from perspectives using models, we will now delve into five strategies that can assist you in dealing with change

### **Navigating the Speed of Change**

Through discussions and a case study we will explore aspects of timing when it comes to change. Our trainer will engage with participants to discuss findings and offer guidance.

### **Understanding the Impact of Change on Different Levels**

We will analyze how employees, middle management and upper management are influenced by change. Participants will have an opportunity to discuss how responses, to change can affect the organization.

### **The Human Response to Change**

In this session we will explore Daryl Conners perspective on how humans respond to change through discussions and small group activities. Our trainer will shed light on elements. Reveal ways in which we can harness them for our benefit.

### **Adapting to Change**

In this session our trainer will discuss the importance of embracing change and provide insights, on how to enhance our adaptability.

### **Dealing with Resistance**

During this session we will explore the three factors for change. Additionally, we will delve into the reasons why some individuals resist change and discover ways to develop an mindset, towards it.

### **Workshop Conclusion**

Towards the end of the workshop participants will have an opportunity to ask questions and create an action plan.

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