



Coping With Change and Uncertainty

Reframe your thinking to welcome whatever life throws your way and identify the ways in which it is happening for you, not to you.

WORKSHOP
PD203



This workshop will challenge you to embrace change through the lens of opportunity so that you can build your resilience, welcome every circumstance and influence more positive outcomes.

Who is this for?

All staff

How does it work?

In-Person

You will be part of an **interactive and engaging workshop** where you explore this topic using a variety of **activities** with an experienced facilitator.

Virtual

You will be part of an **interactive or informative** session using a variety of **learning tools** to share knowledge and opportunities to ask questions with an experienced facilitator.

What's included?

After attending this workshop, you will be able to:

- understand the process of change in human beings
- identify the signs of change and uncertainty in your mind and body
- adjust your perspective of change and its benefits for growth
- reduce symptoms of anxiety and worry and their daily impact
- outline strategies for embracing change.

How is it delivered?

- In-person (UK only)
- 1.5 hours*
- Limited to 16 participants**
- Virtually (Global)
- 1 hour*
- Limited to 25 participants**

* longer sessions available upon request.

** larger audiences available upon request.

How do I book?

To discuss your organisation's workshop requirements, please [book a free consultation call](#) or email us directly at info@amarkagroup.com.