Adjusting to change @ work

workshop overview

Facilitator
Terry Coxen
Adjusting to **Change @ Work**

**Ask yourself**

*CHANGE* ... does that word just stress me out?

Am I stressing at the moment because things at work are constantly changing? A new boss. New computer. Different process. Another office move. What’s next?

How can I become more flexible? How can I become more adaptable to constant changes @ work?

**Attending this workshop will help you to**

- understand why change and adapting to change is necessary
- identify techniques others use to successfully adapt to change
- review how your work-role has changed recently
- identify the impacts these changes have had on you and your business
- apply these new techniques to becoming more adaptable to change
- prepare yourself to future changes you are likely to meet in your workplace.

**Recommended duration of this workshop**

1 day. **Note:** Both duration and content can be customised to meet client requirements.

**How is this workshop delivered?**

An interactive Tutor-led workshop delivered as a class or as a 1-1 session. The use of role-plays, group discussions and multi-media are incorporated into the workshop.

Follow-up coaching can be requested to review your progress.