

Journey Through Change – Acceptance or resistance?

Learning Outcomes

- Gain an understanding of the phases of change
- Pinpoint which stage you (and your team) are in
- Identify productive and nonproductive change behaviors
- Develop a strategy to master change
- Keep energy high and your staff motivated in times of change

Principles Of Change

- Change is an ongoing process rather than an event.
- There is a progressive sequence of change behaviors that needs to be experienced and mastered to be effective in handling change.
- Seemingly negative behaviors such as denial, apprehension, anger, and resistance, are normal and adaptive elements in the change process.
- The progression through the phases of change represents an opportunity for growth and responsible risk taking.

“An effective change leader does not try to resolve people’s feelings but listens to them.

When leaders listen, acknowledge, and support people experiencing their difficult feelings, they will themselves begin to move through them”.

- Drs. Dennis Jaffe & Cynthia Scott (experts in change management)

- **FLEXIBILITY FOR COURSE SELECTION**

- **WORK WITH A PEOPLETEK COACH TO ASSESS YOUR NEEDS**

Change Curriculum Options:

- Introduction to Change (Required)
- Leading Through and Communicating Change
- Stress Management
- Driving Results Through Change (with key linkages to goals)
- Disc and Change
- MBTI and change
- Building Trust

For more information contact:

Jan@PeopleTekCoaching.com

Visit our website: www.PeopleTekCoaching.com