**Change Happens ~ Adjust**

Change is a constant in many of our lives. All around us, technologies, processes, people, ideas, and methods change. That change often affects us. Staying resilient and motivated when change occurs is important in any situation.

This workshop will give participants the tools to be ready for change, understand their individual motivation points and stay resilient despite the challenges. We share practical steps to stay positive at the most challenging times and during periods of change and uncertainty. This workshop is fast paced and interactive.

**customised training to fit your**

**culture and your needs,**

**at your premises**

**Workshop Objectives:**

* Anticipate and manage change
* Understand your own motivation and tolerance points
* Understand the motivation and tolerance points of others
* Practical steps to stay positive at the most challenging times
* Describe the importance of resiliency and flexibility in the context of change

CAN BE DELIVERED AS

Half-day course (3 hours)

Full-day course (6 hours)

Ongoing coaching (by the hour)

Contact us to discuss which suits you best