

Change and How to Deal With it

Course Overview

Just because we understand something doesn't mean we accept it. Western culture teaches us to intellectualize. If we understand it, we can deal with it. However, we don't always have the skills to deal with emotional reservations. Like the organ reject theory, the mind may know it's good, but the body still rejects it. It's the same with change. Intellectually, we accept change, but emotionally, we may still resist that change. This course will help you mitigate the impact of change both personally and professionally.

Learning Objectives

At the completion of this workshop, you will:

- Accept there are no normal or abnormal ways of reacting to change, but that we must start from where we are.
- View change not as something to be feared and resisted but as an essential element of the world to be accepted.
- Understand that adapting to change is not technical but attitudinal. Change is not an intellectual issue but one that strikes at who you are.
- Recognize that before we can embrace the way things will be, we must go through a process of grieving, and of letting go of the "way things use to be."
- See change as an opportunity for self-motivation and innovation.
- Identify strategies to promote the acceptance and implementation of change in the workplace.

Course Outline

- Learning Objectives
- The Change Process
- The Change Cycle
- The Three stages Of Personal Change
- Who Moved My Cheese
- The Pace of Change
- The Pyramid Response to Change
- The Four Room Apartment Strategy
- Controlling Change
- Resistance to Change
- Strategies for Dealing with Change
- Stress Management Techniques
- Some Fact About Attitudes
- Debrief of Workshop
- Suggested Reading List