

Dealing with change

45-minute webinar

Few people like change. Yet it's always with us and we have to deal with it. We can make ourselves (and others) miserable trying to avoid it. Or we can embrace it.

This session explores why we might seek to avoid change and why we're better off becoming advocates for it instead.

Learning objectives

- Be aware of the Kübler-Ross change curve and know how to manage your emotions better
- Boost your confidence in your ability to deal with change effectively
- Understand the benefits of being a change agent

Format

Designed as a highly interactive 45-minute webinar for groups of 6 to 8, or 60 minutes for groups of up to 12, or 90 minutes for groups of up to 20.

Webinar overview

1 Introduction

- Objectives and agenda
- Why change is constant

2 Understanding change

- Why we react to change in the ways we do

3 Using the Kübler-Ross change curve

- Stage 1: shock, numbness, denial
- Stage 2: fear, frustration/anger, depression
- Stage 3: understanding, acceptance, moving on

4 Managing emotions and coping

- Strategies for managing emotions
- The 'transactional' model of coping

5 Action plan and next steps

- Summary of key learning points
- Reflection on next steps
- Planning for implementation of learning in the workplace

6 Close