



Mastering Change

Are the changes in your business affecting morale?

We live in an age of remarkable change and coping with new and regular challenges is something we would all do well to master. Any change can knock us sideways. Some people seem to be better mentally prepared for change and are more resilient to the setbacks that inevitably occur from time to time.

What is it about these people that the rest of us could learn from?

Whether the change is at work (ranging from new working practices to a complete change of job), or at home (moving house, new arrivals or departures), there is only one certainty: changes will happen in our lives and we will need to deal with them.

This workshop examines the rate of change in the early 21st century and considers the mental strategies for anticipating and then dealing with change.

We have found that

Business performance can be hampered by morale issues caused by change

People often feel isolated and fearful when faced with change

Some people have acquired strategies for dealing with change

Anyone can learn these strategies

Mastering change workshops can boost morale and productivity

The workshop

The workshop covers:

- Our changing environment
- Why we react as we do
- Our patterns of thought
- How to Master change

The workshop is thought provoking and includes presentations, interactive activities and discussions. Those participating are encouraged to relate the concepts to themselves and leave with practical tips as to how they might best master change in the future.

The workshop is also motivating for those who are experiencing or have recently experienced change. It helps them to put their thought processes into perspective, and to realise that what they have thought and felt is most likely a natural and common reaction.

People leaving the workshop often comment that they feel uplifted by the event and more confident about facing the challenges ahead.

What are the benefits to you?

By attending, participants will benefit by:

- ◆ **Having mental strategies for dealing with change**
- ◆ **Feeling more confident**
- ◆ **Realising that everyone goes through a similar process**
- ◆ **Feeling more motivated**

Would you like to discuss further?

Contact us on 01628 7711960 to discuss options for your organisation.