

Unexpected Change

How to make it work for you ...

We are all faced with change in our lives, some we welcome and some we don't. When change comes as a shock it has the potential to rock lives and have a lasting impact on self-esteem.

In business, decisions to make changes can result in redundancy for those not part of the future business plan. It can be difficult to lead those changes even though you know they are right.

Providing employees with support, direction and the sense of a positive future is one of the most valuable actions you can take at this challenging time.

This facilitated workshop is designed to help employees understand what is happening to them emotionally, exploring the change curve and recognising the steps of the journey along it. We look at ways of taking control of the change and taking control of ones reaction to that change in a way that will enable individuals to cope with the challenges ahead.

On completion of the workshop delegates will be able to :-

- recognise the emotions they are experience in relation to the change
- acknowledge what they can and can't do to influence the change
- understand how their reaction to the change could be helping or hindering them
- identify the opportunities for them in what lies ahead



Course Content

MORNING

Understanding Change

- The good, the bad & the ugly
types of change
- What's happening to me ?
the cycle of change
- Why do I feel like this ?
the emotional journey of change

AFTERNOON

Taking Control

- Identifying what I can control
the choices within the change
- Taking control of me
my emotional reaction
- Taking control of the future
identifying my opportunities

The workshop provides an important opportunity for those facing unexpected change to think, take stock of what is important to them and begin to make decisions about how they will move on and make the change work **for** them.

