



Course Title: *Understanding and Managing Change*

Course Description

In this course, you will learn about different reactions to change and explore the 4 Stages of Change. We will share tips and tools to help you manage and respond to change productively.

Goal

In this workshop you will identify the natural normal reactions to change and will develop strategies to effectively deal with change both now and in the future.

Learning Objectives

- Understand change and what options we have when changes occur
- Understand the 4 Stages of Change
- Develop strategies to manage and respond positively to change
- Develop your plan for action

Open to: All Employees

Competencies Addressed: Managing Change, Interpersonal/Team Skills

Length of Class: Two Hours