



Course Title: *Take Charge of Change*

Course Description

Change Is Inevitable; Long-term Misery Is Optional!

This workshop will explore what we know about change and how people react to change. You will explore how you've handled change in the past, and will devise strategies that can help make change work for you in the future.

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

- Identify what we know about change
- Explore how people react to change
- Develop strategies that can help make change work for you
- Take charge, and ACT!
- Develop your plan for action

Open to: All Employees

Competencies Addressed: Managing Change, Interpersonal/Team Skills

Length of Class: Three Hours