**This one-day course builds on the content covered in the introduction to organisational adaptability program.** Change is not a process; it is a mindset. More than simply being resilient to change, future employees will need to be confident in the face of change, and embrace the new world of work in which they will be operating.

**Course duration:** 1 day: 8:30am t0 4:30pm

Morning and afternoon tea, Lunch provided

**Course structure:** 4 separate sessions, each focusing on a specific topic area

**Participants:** Generally between 9 and 15.

General Process:

* Teaching and explanation of key concepts and processes / case studies from my experience.
* Opportunities for question and answer from the group as well as sharing their experience.
* Individual reflection exercises and assessments etc. included in a workbook.
* Discussion / Sharing activities in smaller groups (3-4) with report back to the whole group.

Each participant will receive a workbook with activities, questionnaires and reflection activities

**This course includes additional group and individual follow-up coaching sessions to support transfer and reinforcement of content learning**

**Topics Covered**

**- Identifying individuals’ own strengths and points of resistance to change**

**- Developing confidence to engage and ask questions**

**- Developing the mindset and skills to negotiate change effectively**

**- Build the confidence of managers to lead change**

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