



## SELF-DEVELOPMENT AND COMMUNICATION

# *Don't panic!*

### **Handling change proactively**

Change is a constant feature of today's workplace. But that doesn't mean it's easy to handle. Change may take us out of our comfort zone, threaten our sense of security, challenge us to build new skills. It will either have a negative impact on us or we will be glad it happened. And then along comes the next change!

This workshop will provide you with the emotional and mental resources to handle change proactively, rather than feeling helpless. It will equip you with the skills to be an asset to your team during change.

### **Who is the workshop for?**

Staff who are affected by change in their workplace. It can also be tailored for line managers who lead their teams through change.

### **What can I learn?**

- How we typically react to change.
- Why change can be stressful, and how to deal with the emotional impact.
- Strategies for responding proactively rather than simply reacting.
- How to work out ways in which you can influence the change.
- How to respond to unplanned change during a project.
- And for managers... how to support your team through change.

### **What can I expect?**

Expect to experience change! It will be built into activities as a way to stimulate discussion on how to handle change. There will be opportunities to think about your own workplace change experience and develop strategies for handling it.