

## Managing Change

Change has become the one constant we can count on in the workplace. Change comes in any number of ways – through technology shifts, organizational restructuring, downsizing, economic impacts, process improvements.... the list is endless. Change requires managers and supervisors to understand their own reactions and feelings about change in order to effectively manage change for others. This course is designed to strengthen the skills needed to confront and manage personal change and lead change in an organization.

### What You Will Learn

Working through activities and discussion participants will learn:

- Assess your personal resistance to change
- How to assess your organization's willingness to change
- Describe the organizational change model
- List forces that drive and/or restrain change
- Develop action plans for change and identify strategies for overcoming resistance to change
- List organizational accomplishments and ways to celebrate success
- Describe the relationship between change and progress for an individual and an organization
- List and explain the stages people experience when confronted by change
- List proactive and reactive responses and outcomes to change
- Develop a personal action plan to be a positive change agent

### Who Should Attend

This training has been designed for frontline leaders, supervisors, team leaders and team members.