

How to move from being a target of change to an active participant



Coping with Change Workshop Description

Overview

In today's business environment the only thing certain is change. Change comes in many forms. It can be a surprise or be well planned. It can be embraced or met with resistance. For some people it's a welcome opportunity, for many it's a threat. *Coping with Change* offers a unique approach to addressing the perspective of the non-managerial person faced with organizational change. This workshop enables employees to move from feeling like a target of change to being an active participant.

Objectives

Upon completion of this workshop participants will be able to:

- Identify the three psychological stages of change and how to deal with them.
- Understand the four stages of skill development and take appropriate actions to move through each stage.
- Select appropriate behavior styles when confronted with change.
- Select specific strategies to employ when under the stress of change.
- Suggest and actively participate in change analysis meetings with their managers when changes are introduced.
- Develop a strategy to deal with a real upcoming change on the job.

Learning Methods and Delivery

Coping with Change utilizes the latest in adult learning methodology including role plays, simulation of on-the-job experiences and assessment tools.

Coping with Change can be delivered by our facilitators or by certified client facilitators.

Target Audience

Non-management employees

Learning Time

8 hours

Class Size

Typical class size 12 to 20



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