
COPING WITH CHANGE

**Change; no longer an event,
it is a lifestyle.**

In most organizations change has become a part of everyday working life, yet how these changes are managed on a personal basis and our own personal attitudes to change, are intrinsically linked.

Overview

This course is designed to help staff cope and embrace change by understanding how they are affected by change and what they resist it this sudden change. They will learn how to build their own coping strategy in order to be able to manage and adapt to ever changing environments.

HOW THIS COURSE WORKS

The Change Curve is a popular and powerful model used to understand the stages of personal transition and organizational change. It helps you predict how people will react to change, so that you can help them make their own personal transitions, and make sure they have all the guidance and support they need.

WHAT YOU WILL LEARN

- Human reaction to change
- Why people resist change
- Fight and flight response
- Adapting and dealing with change
- Communicating change
- Change vs transitions

WHAT YOU WILL RECEIVE

IN THIS COURSE YOU WILL RECEIVE THE FOLLOWING:

- Course Workbook
- Feedback & Action Plan
- RedRock International Certificate of attendance

The Experience:

Self Awareness
Building Relationships
Planning
Communication

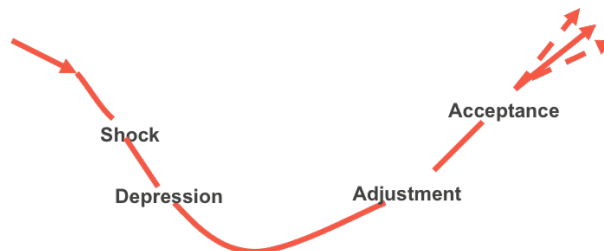


Duration

Two days

See our website for more details

COURSE MODEL



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Believing in People

