

## Secrets of Change Management

In today's world, change is inevitable and often difficult to deal with. During this one-day course, you will learn how to implement, manage, and cope with change.

### How You Will Benefit:

- Find different ways of looking at change
- Create a change implementation strategy
- Make change easier for yourself and others
- Develop techniques to cope with change, including resiliency and stress management
- Know how to maintain a sense of control during a change

### Topics Covered:

- What is change?
- The Bridges change model
- The Conner change model
- The Janssen change model
- Six reactions to change
- Identifying the need for change
- Identifying the cost and benefit
- Setting the vision and goal
- Responding to change
- Creating and implementing a strategy
- Planning for change
- Communication skills
- Empowering employees
- Building resiliency
- Acknowledging reactions
- Dealing with emotions
- Managing negative stress
- Exploring your options
- Examining the reality
- Your behavior is your choice