

RESILIENCE TO NAVIGATE CHANGE

AUDIENCE

- FL Front-Line Leaders
- LL Leaders of Leaders
- IC Individual Contributors

FORMATS

Virtual: 3 hrs. X 2 sessions

“When we are no longer able to change a situation, we are challenged to change ourselves.”

– Victor Frankl

COURSE OVERVIEW

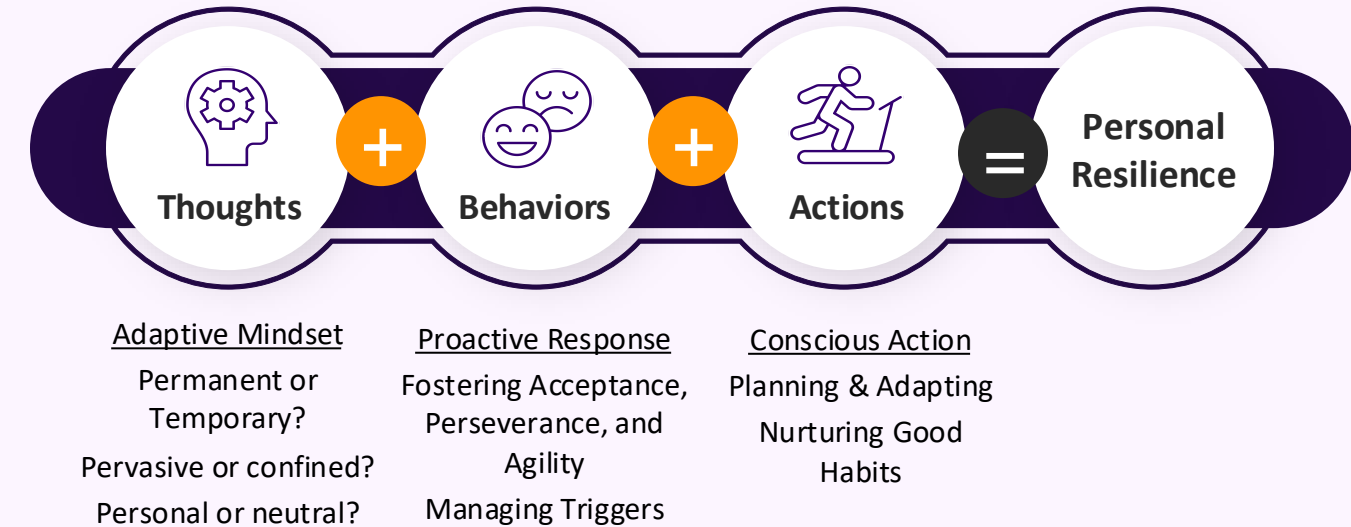
When individuals experience significant change in the workplace – restructuring, changing roles, conflicts with colleagues, layoffs, etc. – the level of stress they experience can often rival that of experiences such as the death of a loved one or other significant personal loss.

And the stress they experience often sets up a dynamic of less than optimal responses to the changes, which can end up making the situation even worse for them.

This program is designed to equip employees with practical tools and skills to respond to change productively, in a manner that minimizes the negative impact and may even enhance their working experience.

This workshop helps employees develop improved self-awareness and practices to strengthen and develop their abilities to be resilient in the face of organizational change. Participants learn why some people thrive in challenging situations, while others become overwhelmed. And they learn how to model the mindset, behaviors and actions of the thrivers.

PERSONAL RESILIENCE MODEL



LEARNING OUTCOMES AND BUSINESS IMPACT

- 1 Employees experiencing difficult workplace change will be better able to control and prevent unhelpful emotions and stressors
- 2 Employees develop the ability to reframe their perspective on workplace changes and situations they cannot control.
- 3 Employees learn practical skills and strategies to bounce back more quickly in the face of adversity and stress.
- 4 Levels of stress, anxiety and depression are reduced as employees develop better change coping mechanisms.
- 5 Employees gain a sense of control and “ownership” of their reactions to changes and circumstances over which they have no control.
- 6 Participants learn and implement strategies for thriving under pressure, including in the face of organizational changes they cannot control.

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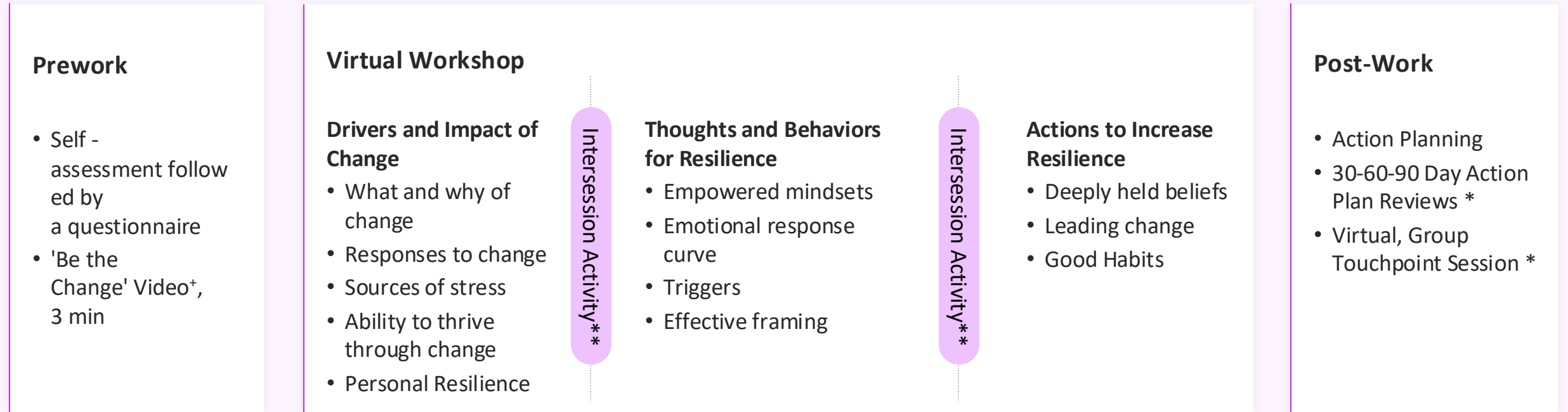
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“Although the world is full of suffering, it is also full of the overcoming of it.”

Helen Keller

TYPICAL LEARNING JOURNEY *(can be customized)*



NOTE: This program can be delivered in 1, 2 or 3 (2-hour) virtual sessions. Extended time allows for more group interaction, individual reflection and deeper internalization of the most critical skills.

* Recommended custom add-ons.

EXPERIENCED FACILITATORS

Our global team of facilitators is ready to deliver this program now. We can also train your facilitators to deliver the program internally if needed.



Teresa D.



Mike E.



Audrey H.



Norma G.



Sharon E.



Themum C.



Dr. James K.



Phil C.



Silvia F.