

Navigating Change

Change is inevitable in any organisation, and the ability to navigate it effectively is a key skill for success. This training is designed to equip participants with the mindset, tools, and strategies to manage and adapt confidently to change.

Outcomes

- **Understand the psychology of change**
Recognize emotional responses to change and develop resilience.
- **Develop adaptive thinking**
Cultivate a growth mindset to approach change as an opportunity rather than a threat.
- **Enhance communication skills**
Learn techniques to communicate change effectively and manage resistance.
- **Build strategic agility**
Apply frameworks to anticipate, plan, and implement change smoothly.
- **Strengthen leadership during transitions**
Equip leaders and teams with skills to guide others through change successfully.

Format

One-day session (6 hours) or two half-day sessions (3 hours each).