Change and Me

Change - particularly in large organisations - can leave people feeling disempowered. This workshop offers a fresh perspective, helping participants both cope with change and also harness its dynamics for collective benefit. By understanding the psychological landscape of change, participants gain insight into how they can navigate transitions with agency and confidence.

Learning Objectives

- Explore thoughts and feelings about the personal impacts of change
- Learn to reframe challenges as opportunities using a four-step process
- Apply new thinking as one's own Chief Ingenuity Officer
- Use PECSAW assessment to build an actionable reality

Learning Outcomes

- Participants engage with change more positively
- Participants innovate opportunities in response to change
- Participants take ownership of their environment and response to transition
- Participants continue to be future focussed, even in the face of change

The Session

Using the Hero's Journey as a framework, participants reflect on their current place in the change process and its emotional impact. In a supportive and structured setting, they engage in meaningful discussions with peers, an aspect many find invaluable.

The workshop explores how attitudes and beliefs shape behaviours and ultimately influence the outcomes of change. Participants are encouraged to identify opportunities hidden within challenges, shifting their perspective from resistance to possibility.

Through a structured approach rooted in curiosity, innovation, and optimism, participants explore creative ways to respond to change. They apply a six-part model to assess their success in adapting to change and create a personal action plan that aligns with their unique circumstances - empowering them to move forward with clarity and purpose.

"This course offers a refreshing perspective to understand, cope and play with change dynamics. There are some tools that are practical and applicable to implement immediately. The course enabled me to talk in a safe space with a small group of colleagues where we could share experiences, coach one another and enable each other to find areas of development to work on. I specifically took away the importance of recognising my behaviour when dealing with change."

