

Change Management for Employees (Tier 1)

½ Day

Description

Everyone who works in the business world today is faced with constant changes and is expected to adapt. In this course, students will identify methods for solving problems resulting from workplace changes. Students will define change management and identify strategies for effectively preparing for change, coping with reaction to change, and becoming an agent of change in their working lives.

Prerequisites

- None

Objectives

- ✓ Identify ways to solve problems related to change on the job
- ✓ Define change management
- ✓ Identify change-management strategies
- ✓ Define the psychological process of moving through change
- ✓ Identify ways of preparing for change
- ✓ Explore ways to embrace change on an ongoing basis.

Understanding Change

Assess Your Reaction to Change
Cope with Stress
Cope with Fear
Conduct Informational Interviews

Analyzing Change

Conduct a Change Analysis
Study the Competition

Embracing Change

Anticipate Change
Identify Best Practices for Reframing Change
Identify Best Practices for Embracing Change