COURSE TITLE:

When Shift Gets Real: Driving and Thriving through Change

Learn strategies to successfully navigate even the most dreaded changes and support your team in doing so as well!



) 90 MINUTES | VIRTUAL OR LIVE

DESCRIPTION

We all know the most common responses to being presented with change - and they're not usually positive! This can make it difficult for even the most change-friendly person to navigate change - or lead teams to do so. But did you know there's a science behind the how and why of our responses to change? In this workshop we'll provide insight into that science with a simple framework for understanding the different mindsets that show up in the face of change, and tactics to effectively work with and understand each one. Learn techniques to flex, connect, collaborate, and stay up to speed with your team - no matter how fast the pace of change accelerates.

OBJECTIVES





Recognize the four mindsets that occur in the face of change



Identify one's own mindset and leverage tools to upshift during times of change

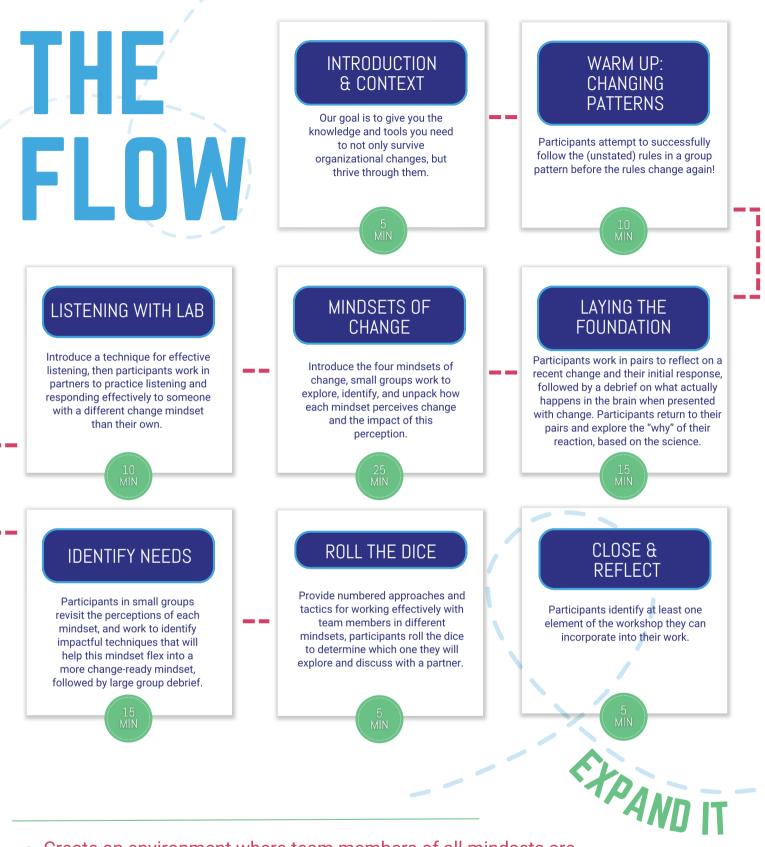


Respond with compassion and support for other mindsets





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- Create an environment where team members of all mindsets are empowered to express their concerns or enthusiasm regarding changes with <u>Safe to Speak Up: Building Psychological Safety for High-Performing</u> <u>Teams.</u>
- Give team members the skills and knowledge to embrace change and see challenges as opportunities for growth through <u>Build a Growth Mindset</u>.



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