

Coping with Change Course Card

Coping with Change

Course Aims

Change has become a part of everyday life, yet how these changes are managed on a personal basis and our own personal attitudes to change, are naturally linked.

In this session we look at a range of techniques that will help you to begin to understand and deal with change. By understanding how we are affected by change and the natural way we deal with change, we are able to help you build up a coping strategy that will help you to adapt to ever changing environments.

By the end of this session, attendees will:

- Describe what is meant by planned change, unplanned and progressive change.
- Understand the impact of change and the different stages within the change process.
- Develop a proactive approach to change and challenge.
- Develop personal coping strategies for managing change.
- Be able to identify resources available to help cope with change.

Course Benefits

- Gain practical strategies to change by letting go and stepping forward
- Help you cope successfully with unknowns by giving you the skills to turn limits into opportunities
- Gain a nationally recognised qualification.

Who should attend this Course?

Anyone who is facing change and uncertainty and is looking to acquire the skills to managing the effects of change may have on them personally then being able to turn this into an opportunity to change direction successfully.

Price

Workshop - £125 per delegate, which includes the City & Guilds registration fee. 1 day workshop including lunch and a delegate workbook.

Further Information

This is a one day training event scheduled across a variety dates in 2015. To see when and where we are next running this event or to book, visit our website www.blythconsultancy.co.uk or call us on 0141 334 4788. You can also email your enquiry to hello@blythconsultancy.co.uk

Booking terms and conditions are available on our website.

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