



LEADING YOUR TEAMS THROUGH CHANGE ©

Change feels great...or does it?

We all respond to change in different ways – some of us love it, some of us don't like it and others are neutral. And depending on the nature of the change, we will feel differently at different times.

As a leader, you need to be aware that how you feel about change is not necessarily the same as how your team will feel. And each person in your team will respond uniquely.

This practical, hands-on workshop will build your understanding about change, the process we go through, the emotional cycles, why we resist change and then how as leaders we can support people

Learning Outcomes:

- Understand your own responses to change
- Be aware of the cycles of change that people go through
- Understand why people might resist change and how to support them
- Be fully aware of the vital role you have as a change leader to your team
- Equip you with practical ideas on how to support and lead your people through change

Timing 1 – 3 hours Suitable for 2 - 30 participants

To find out more please contact info@springbc.com