

*The pace of change is increasing at unprecedented levels. In most organisations change has become a part of everyday working life, yet how these changes are managed can be the difference between success and failure. Change management is now recognised as an important requirement for any management position with responsibilities for implementing and managing organisational or departmental change. This course is designed to develop skills in the human side of change management using effective change management tools and techniques.*

## What will I cover in the course

- Understanding organisational change
- Drivers of change: internal and external
- The effects of change on individuals and the organisation
- Managing resistance and gaining buy in
- Change models and best practice for leading teams through change
- Recognising and reducing stress in the workplace
- Developing Leadership resilience and resilience within the workplace

## How is the course delivered

This interactive course is delivered over a 1 day session

## What will I gain from this course

Identify the drivers of change and understand the steps needed to be taken to ensure change is managed effectively. Examine the change process, the change curve and support stages within. Recognise why staff might resist change and how to anticipate and handle resistance. Recognising and reducing stress in the Workplace. Coping strategies and the use of tools and techniques to analyse and overcome the barriers to change.

## What do I do next



***TalentRidge** provide personal development, training, guidance and other support services to a wide range of organisations and Individuals by unlocking talents and helping them to excel in today's competitive environment.*

***Our Courses, Training and Career Development Assessments** are designed to support those who are either new to job hunting, are seeking a career change or for those who wish to build on their existing knowledge.*

***"passionate about helping people maximise their potential"***

*Contact us for further information and to discuss your requirements*

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