

# Coping with change in the workplace

*Change is an unstoppable force that is all around us and is happening all the time, whether it's your personal, professional, or organisational life, change is coming more rapidly than ever before. Everyone is involved in change –leading change, identifying the need for change or making the change happen in their work. This course will enable participants to learn methods to cope with changes and move forward, developing their abilities to deal with setbacks, manage change, stay in control and acquire strategies to improve resilience and performance*

## What will I cover in the course

- Understanding change in the workplace and why it happens.
- Benefits of change
- Common reactions to change
- The change curve
- Resistance to change
- Personal coping strategies
- Recognising and reducing stress
- Resilience what is it and how to improve personal resilience

## How is the course delivered

This interactive course is delivered over a ½ day session

## What will I gain from this course

Recognise the reasons for change. Understand the different stages of change, reflect on own personal attitudes to change and that of others. Identify the benefits of change to the organisation and individuals. Recognise the effects of stress and how to minimise it. Develop personal strategies to cope with change. Understanding resilience and how to improve personal resilience.

## 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

**Email: [info@talentridge.com](mailto:info@talentridge.com)**