

RESTRUCTURE, REGROUP, REBUILD - IMPLEMENT CHANGE



Module One - Stress & Self Awareness

- ▶ What Is Stress?
- ▶ The Causes of Stress & How it Manifests Itself
- ▶ Recognising the Signs
- ▶ Strategies to Adopt
- ▶ DISC Behavioural Analysis & its Implications
- ▶ An Individual's Ability to Cope with Pressure in a Range of Different Situations

Module Two - Change & Stress

- ▶ What Is Change?
- ▶ Leadership to Initiate & Maintain Change
- ▶ The 3 Stages of Organisational Change
- ▶ The Effects of Change
 - The Impact on Individuals
 - Team Dynamics
 - Management Challenges

Module Three – People & Change

- ▶ Obtaining Organisational Commitment
- ▶ People & Their Ability to Change
- ▶ Overcoming Resistance
- ▶ Transition - Establishing Trust & Commitment
- ▶ Planning for Communication Again & Again
- ▶ Stabilising the Situation

Module Four - Supporting & Motivating Others

- ▶ The Effect our Approach has on Others
- ▶ Handling Negative Behaviours & Attitudes Constructively
- ▶ Managing Difficult Situations for Positive Outcomes
- ▶ Develop Positivity & Maintain Motivation

Module Five - Moving Forward

- ▶ Reframing & Rebuilding Relationships
- ▶ Recognising the Challenges and Supporting Others Going Forward
- ▶ Planning & Communication for the Future

Duration: 1 Day

Price Per Course: £1,295
(On-Site at Customer Premises)

Suitable For:

This programme is designed specifically for Senior Managers, responsible for introducing and implementing change in a challenging economic environment.

Learning Outcomes:

Delegates are introduced to a range of tools and techniques used to bring about and implement change, whilst considering the impact, health and personal well being of the workforce, including the causes of stress and how stress manifests itself on different individuals.

At the end of the course delegates will:

- ▶ Understand the impact of change on the organisation and individuals
- ▶ Be aware of what stress is, what the causes are, how to recognise it and the potential effects.
- ▶ Have explored techniques to support and motivate the workforce through times of change
- ▶ Understand the need for ongoing, positive communication under stressful conditions