

LEADERSHIP - LINK

turn teams of experts into expert teams

Thrive in Change: Agility for Today's Work World

Workshop Overview

This session is designed for all employees going through change. (And who isn't going through change in the work world today?)

We will explore the phases of change and how to manage our personal response to change, how to utilize the 'circle of control' to determine the best responses, and how your brain unfortunately works against you when you are going through change.

The ultimate goal is to help you gain strategies for building resilience during change by:

- Understanding the dynamics of change
- Managing your mindset
- Taking action to effectively move through change

Surround Strategy

To ensure the workshop has lasting impact on job performance, we have designed our signature surround strategy as follows:

Pre-work

- In order to make the most of our workshop time, each participant should read the attached document "Keys to Strengthening My Change Agility", produced by the University of Adelaide.

In Class

- The workshop is very interactive, with practice activities for each section and skill. Personal Aha Moment and Commitment cards will be used throughout the workshop, and a final Commitment to Action Plan will be created at the end of class.

Post Workshop

- Each participant will have made action commitments to identify at least one behavior he or she will attempt to improve. Each participant will be encouraged to meet with his or her direct manager and share the Commitment to Action Plan.

Meet our Team and Schedule a Workshop

Click [here](#) to read bios of our team members!

Click [here](#) to contact us for more information or to schedule a customized workshop.

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