

Change is a certainty in today's environment. The key to surviving and thriving is to take a proactive approach to change. This program provides the tools to assess typical attitudes toward change, intervene in the change cycle with positive strategies, and combat change-related stress.

**Audience:** Leadership and Management Professionals

**Prerequisites:** None.

**Number of Days:** ½ day

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1.    **Understanding change**
  - Why so much change?
  - How do you approach change?
  - Assess your sensitivity to change
  - Signals of change related stress
  - Understanding the change cycle
  - Three typical attitudes toward change
2.    **Handling resistance to change**
  - Dealing with resistance
  - The antidote to resistance: involvement
  - Positive strategies for coping with change