

Introduction and Aims

Everyone goes through the same cycle of change, at different speeds regardless whether it's a trivial change or one that has major life change implications.

It is now widely recognised that helping people to come to terms with change is a critical part of any manager's job, and by not doing so can result in staff being absent from work due to stress.

Managing Change and how it is communicated within an organisation, is one of the six areas identified by the The Health and Safety executive (HSE) as being a potential stressor at work. Organisations have a legal responsibility to assess the risk of stress-related ill health arising from work activities and to take measures to control that risk.

The aim of this half day programme is to support managers within their role with regards to the above and to equip with the skills to be able to manage organisational change effectively and professionally.

Who Should Attend

Anyone who has staff management responsibility

Learning Outcomes

- Understand the theory of change
- Understand the importance and use of the change curve
- Benchmark own reactions to change
- Plot where individuals are on the change curve
- Identify strategies to move individuals through the change curve
- Produce a personal plan on how to manage change

Style

This workshop will be highly participative. All learning will be supported through exercises, games and tasks, therefore making it a memorable experience.

All delegates will be given supporting material.

Duration

Half day

How to book

Call the office on **023 9225 5232**

E mail training@thecoachingworks.co.uk