

# MANAGING MYSELF THROUGH CHANGE

## LEARN HOW TO DEAL WITH CHANGE AT A PERSONAL LEVEL



Change is not always welcomed by everyone. When any changes made seem to take people far from their current position the impact can be stressful and require constant support.

When most of us think about change at work, we think of an event that takes place quickly and alters the externals of a situation, for example, a restructuring or cost cutting exercise.

We're less likely to consider the internal, emotional and psychological process that individuals undergo when they relinquish the old arrangement and embrace new situations..

In this course, participants will learn to recognise their own reactions to change and adjust them as appropriate.

They will identify the 4 phases of change and determine the behaviours and reactions to change in each of the 4 phases, and then will work on constructive behaviours that will support people as they experience different types of change



1 day duration

For all employee in a change programme

For more information, visit [www.tacktmimalaysia.com](http://www.tacktmimalaysia.com) or call us at +603 – 6203 4410

### LEARNING OUTCOMES:

- Explore the 3 areas within which we need to manage change well
- Recognise that we have all experienced change and have used various ways of managing it
- Identify the significant changes that have happened in recent times and the impact it has had
- Work on constructive behaviours which will support people as they experience different types of change
- Define the potential barriers to implementing change successfully
- Analyse the main steps to be taken in order to move through all 4 phases of the change model
- ...and many more



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