

Course Outline

“think
learn?
succeed”

“smart training for clever people”

Psychology of Workplace Change

1 Day

Persuading others to take on change is a challenging task. That's why you need to understand the psychological aspects of change. See why some people resist, and others embrace, change. Hear what's normal when dealing with change. Discover how to handle the challenging parts of change – at personal and team levels. Then learn how to shift resistant reactions to change. Bring along your questions and have them answered by an expert in change management.

What you'll learn to do in this course

- Understand the key stages of change and their implications for your role
- Recognise signs of attraction and resistance to change
- Help others take constructive mindsets during change
- Use solution focussed language when talking about change

Topics you'll cover

- What is the psychology of change?
- Reactions to change: what's normal?
- The power of words: talking about change
- Handling resistance to change

What others have said about the course...

'Very intriguing and full of information which can be useful for everyday work life'

Sam. SE Timber 2015

'Interesting, engaging, great practical strategies to practice and implement'

Juliette. University of Western Sydney College 2015

'The course has been great and very informative. Eleanor is very good at explaining and teaching'

Ivan. SE Timber 2015

'Well run, well presented, excellently lead and managed. Solution focussed'

Natasha. Calvary Mater 2015



Book your training NOW

Call Eleanor Shakiba on 0433 126 841

Download course information at www.thinklearnsucceed.com.au