

managing change

SKILLSHOT™ clinics



Do you have to deal with change on a regular basis?

Do you find it difficult to cope with the demands of a constantly changing environment?

"The only constant in life is change." Heraclitus

Change is inevitable, business moves quickly. Yet, we are naturally fearful of the unknown. Many of us find it difficult to let go of the security of the status quo. We don't like to lose control.

With self-awareness and knowledge of the change process we can seize control and manage our progression through the peaks and troughs of change.

In 2 hours you will

- Learn to accept **change** as a positive **inevitability**
- Understand your **natural response** to change
- Learn how to adopt a **balanced** response to change
- Understand the **change curve**
- Learn how to **control progress** along the change curve
- Learn how to **support others** through their change journey

SKILLSHOT™ approach

Our skillshot™ clinics are intensive, high energy, interactive, short-duration workshops.

We balance theory, to provide context, with practical application to promote impact.

You will be involved in a variety of work-related practical exercises, activities and role-plays, designed to build knowledge of the relevant principles and improve self-awareness.

Feedback will be given on your performance during each of the activities, focusing on both your strengths and improvement needs.

At the end of each clinic you will be asked to identify and commit to specific actions to apply in the work place.

Other SKILLSHOT™ clinics

Meeting facilitation skills

Maximising the effectiveness, efficiency and output of meetings

Assertiveness & conflict resolution

Learning how to control our behaviour in the face of adversity, enhance our assertiveness and turn disagreement into resolution

Influencing upwards

Developing the ability to influence those more senior than ourselves with conviction, impact and clarity

Time management & mindfulness

Maximising our productivity through effective management of our priorities, thoughts, attention, focus and energy

Communicating with impact & gravitas

Using The Pyramid Principle to communicate with clarity, authority and impact

What next?

Contact Nick Anderson
na@4ty2.co.uk