

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, focused, high energy, interactive and short duration. **Skillshots™** will be delivered using a virtual learning platform and methodology, while the impact of Coronavirus remains.

Skillshots™ balance theory, to provide context, with practical application to promote impact. Participants 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.

Group size

8-10 participants

Other SKILLSHOT™ clinics

Leading teams remotely

Ensuring remote teams feel connected, engaged and motivated.

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.

Communicating with impact & gravitas

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

What next?

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