

Managing & Coping with Change



Managing the Impact of Change & Moving on Positively.

Health Edition 

Change can be stressful at the best of times. The need to understand and manage the impact of change is a core skill in a modern-day work environment. Sometimes the impact of change, particularly change we didn't ask for, can cause us to get stuck, or we struggle with letting go of how things used to be.

This can bring in a sense of loss and we may find it difficult to keep up the same enthusiasm and sense of positive expectation we used to have about our role.

'Managing and Coping with Change' helps participants to find fresh ways to cope with the impact of change, walk away from disillusionment and disappointment and start to charter a path of motivation again.

This workshop is relevant for anyone who is about to go through or has had to deal with organisational change. It explores the core psychology drivers that will assist in finding new ways to adjust and plan for a more positive future.

Designed for?

- > This workshop is relevant to anyone who works in the Health Sector and is going through, or has gone through the impact of change.
- > Suited for all levels from employees to management roles.
- > Those looking for new or fresh strategies to help manage change and its impact in a Health role.
- > An ideal group size is 6 – 15 participants.

Key Learning Outcomes

- ✓ Understand how change impacts you.
- ✓ Identify your personal control thresholds.
- ✓ Understand coping mechanisms and using them in a healthy way.
- ✓ Differentiate between positive and negative stressors.
- ✓ Recognise and manage the perceived fallout of negative change.
- ✓ Anticipate struggle points and influence positive outcomes.
- ✓ Understand how to let go of past disappointments.
- ✓ Breakaway from destructive thought patterns.
- ✓ Identify fresh points of motivation for moving forward.
- ✓ Self-assess where you are in the change cycle.

Live Face to Face, Virtual or Hybrid



Power Sessions



Half-Day



1-Day



Coaching

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