

# Embracing Change

## At a glance...

### Customised Provision

Delivery Method: Classroom

### Introduction

This is a course for attendees with a specific focus for change such as succession; a new role/management; new systems/process; wanting to overcome resistance and replace it with a new approach or outlook. A time to get comfortable with change and the opportunities it brings.

There is no requirement to share the nature of the change attendees are wanting to address.

Change is uncomfortable though some find it easier to accept than others. Attendees will experience why we naturally resist change and how to recognise their own default response.

The course introduces coaching models to encourage a positive outlook towards change both now and for the future, enabling attendees to understand the route to effective change, empowering them to move forward with greater ease.

### The finer details

1. Preparing ourselves to change.
2. Flexing your attitude.
3. The narrative within.
4. Cheating the Troll.
5. Expanding the horizon.

### Who should attend?

Anyone faced with a change they are reluctant to embrace. Families, teams and individuals can all benefit from this course.

### What will be covered?

- Fear of change as a primitive response.



- Recognising the process of change and the choices you have.
- Developing psychological flexibility using cognitive behavioural coaching with templates to take away for further development.
- Challenging our inner narrative to change perspective.

