

Preparing for Change

Change can be very challenging, and this programme has been developed for officers to help them to prepare for transition.

The focus of this workshop will be on understanding the process and impact of change, with the emphasis on exploring ways to manage transition positively.

Programme objectives

By the end of this programme, delegates will be able to:

1. Understand the need for change and the change lifecycle
2. Identify the benefits – and drawback of change
3. Identify the impact that change has on them as an individual – and the emotional responses this can involve
4. Understand the barriers to change – organisationally and individually
5. Identify the four key stages of change
6. Develop resilience and coping mechanisms to make transition easier.

Further information

The programme is very participative and encourages delegates to discuss how they currently feel and their hopes and fears. It is run in a positive way, so whilst fears are acknowledged, the event focuses on developing constructive approaches to change.

Duration: Half day