CHANGE ACT
Analysis Consulting Training

**Business improvement/Soft skills**

# Essentials of Change Matters

## Course background

No matter if you are the boss at your company or an employee, change affects everyone. In dealing with change, people must address their own thoughts, feelings and behaviors first to be able to go through the labyrinth of change.

## Course objectives & content

Course objectives:
- Overview and practice of six step process to help you take responsibility for how you react and respond to change

Course content:
Module 1 : Introduction to Change
- The 5 key principles of change
- Readiness for change – self assessment questionnaire
- The change curve

Part 1: Loss & Doubt (Step 1&2)
- Step 1 loss to safety
- Choices model and the burning platform
- Step 2 Doubt to reality
- The six basic questions

Part 2: Discovery (Step 3&4)
- Step 3 Discomfort to motivation
- Self reframing
- Step 4 Discovery to perspective
- Force field analysis

Part 3: Integration (Step 5&6)
- Step 5 Recognizing the benefits of the change
- Changes you survived - Activity
- Step 6 Experiencing integration after the change

## Targeted audience

Individuals at all levels who wish to learn and follow a logical process in order to deal effectively with personal change

## Duration

The course duration is 4 hours.

## Course fee

N/A

** Conditions apply. Please see the enrolment form/ proposal.*

## Number of delegates

Please see the enrolment form/ proposal.

## Course design

The course is delivered through formal lectures and exercises to enhance the learning process.

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