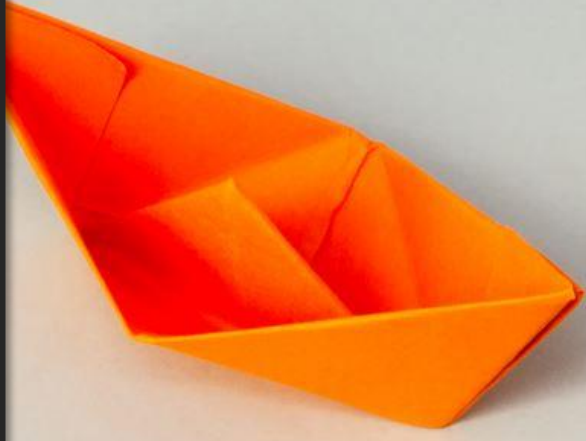


Coping With Change

Course Advertorial





Introduction

Change is a time-consuming distraction never ending factor in the Automotive Industry. It takes us away from our regular work, it slows productivity, and it often creates conflict. The reality is that you may never be happy with the change you are experiencing, and that's okay. At some point, though, you will have to learn to live with your new reality. The more quickly you can do that, the sooner you can get back to being productive and feeling like yourself again. People react, respond, and adjust to change in a sequence of six predictable stages which identify the thoughts, feelings, and behaviors associated with each stage of change. There is no better map to assist individuals in navigating through the changes in their work and life.

Coping With Change

What you will learn

- Overcome the biggest challenges associated with any change more quickly
- Understand the thoughts, feelings, and behaviors associated with change
- Apply the language of change to improve communication
- Avoid getting caught in the "Danger Zone"
- Know what key questions to ask and when during any change
- Identify the best exit strategy for each stage of change
- Navigate future changes more effectively and efficiently, even when the change is unwanted

Topics covered

- The Change Cycle™ overview
- Exploring why change happens and what makes it difficult
- How the brain responds to change
- Separate predictable and unpredictable characteristics of change
- Understanding your Locator Result
- The six stages of the Change Cycle™
- Understanding reactions and responses of each stage
- Identifying the thoughts, feelings, and behaviors of each stage
- Differentiating between real vs. imagined fears
- Optimism and resilience
- Questions to ask during each stage
- Actions and exit strategies to move through each stage

What is included

- Instruction by an expert facilitator
- Small interactive classes
- Specialized manual and course materials
- Personalized certificate

Duration



Face to Face

1 day



Virtual

3 X 2-Hr Sessions