

# Managing Yourself & Your Team Through Change

## Who Would Benefit

Anyone who works in a fast-paced environment or who is responsible for managing teams.

## Course Overview

Delegates will learn to develop their understanding of their own reactions to managing through change and how to support their team members through change management as it occurs. They will understand how people commonly react to unexpected and/or major change and identify ways of managing their own reactions to the changes that will be occurring to understand how to support their team through periods of managing change.

CPD Points: 6

Course Category: Management & Leadership

Recommended No. of Days: 1

Course Location: To be determined

## The Course Includes:

- Current position/views/values/attitudes
- The nature of change
- Human factors and how people react to change
- Personal influence on change
- Building adaptability and flexibility
- Coaching others through the change process
- Communicating change
- Cementing your vision
- Organisational objectives

## Learning Outcomes

At the end of this program the delegate can:

- Explain the value of change and why it's 'normal'
- Describe how to create a vision of change to achieve objectives
- Demonstrate effective communications
- Show use of change management models effectively
- Display an understanding of powerful influencing techniques