

Change Management

Learn about the key aspects of change, managing change and the four types of leadership.

No Modules: 3

Duration: 45min

Level: Introductory

Module 1: Experiencing Change

What's covered?

Security and freedom are two vital elements of our everyday lives, but when a sudden change occurs it can affect the balance between the two. This module explores the seven steps of the change process, known as the change curve and looks at the importance of separating imagined fear from reality in order to adapt to change.

Module 2: Thriving in Change

What's covered?

It is important to understand the potential effects that change can have on your team and organisation. This module will explore the five main forces of change which will help you to anticipate and manage reactions. We will explore the difference between cold and warm organisations and their response to change. Finally we will look at the seven characteristics that effective change agents share.

Module 3: Seeing Change Through

What's covered?

Once the decision has been made you must see the change through. Change is a complicated process that can often encounter obstacles along the way. This module explores the roadblocks to change and how to overcome them. We will look at dealing with criticism, dealing with stress, why change fails and the benefits of continuous change.