

# Thriving During Change

## Personal Strategies



Is the **pressure of change** interfering with your ability to get results?

Do you sometimes look back on your day and think **“I wish I didn’t react that way...”**?

Could you use tips on handling the **anxiety, fear and emotional ups and downs of change**?

Is the increased workload of change interfering with your ability to **maintain productive relationships** with your team members and your family?

### Program Objectives

In this **highly interactive and hands-on program**, participants will:

- Assess the level of change pressure at work
- Identify the factors causing change pressure including workload, people, organizational physical and mental factors
- Gain new pragmatic approaches to reduce stress
- Learn how to prevent change pressure by changing thinking patterns
- Examine how prioritization is critical to reduce stress & improve results during change
- Increase their ability to manage the stress of people issues during change



**Audience:** **Leaders and/or Professionals**  
**Length:** **1 day program**  
**Format:** **Activities, lecturettes, and skill practice**

**Modules:** **The Basics of Change Pressure**

What is it? Why does it happen? What is the impact?

**Self Assessment:** Pressure Points: job, people, body, thinking

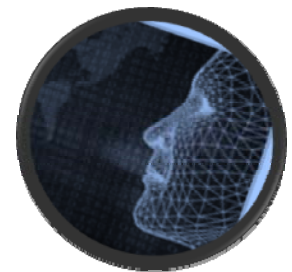
**Strategies for Thriving**

Top 10 Change Coping Skills

- 3 Factors Driving Coping
- Cultivating a YES! Attitude
- Assessing & Developing the 10 Skills

Right Thinking

- Thoughts & Pressure
- Moving from Upset to Optimistic
- Changing Your Self Talk
- Visualizing Success



Prioritization

- The Difference between Control & Influence
- Balancing Urgency & Importance
- Creating a Personal Urgent-meter

Communicating During Change

- Setting Limits Professionally
- Making Difficult Requests

Stress Reduction Strategies

- Scheduling in Fun
- Remember to BREATHE
- Finding the Humor...

Tracking Success with a Personal Change Scorecard



**Options:** **Instructor Led or Webinar Formats**  
**Program Tailoring**  
**Reminder Cards**

