



Navigating Change

'To live in fear is a life half-lived' (Strictly Ballroom)

Change is part of modern life. We often hear that phrase. And of course, it is true. But change is a natural part of life at any time at all. From one moment to the next, everything and everyone is changing. It is the way of all existing things and people. Yet change can frighten us and take us out of our comfort zone, especially when it is unexpected.

Workplaces

Workplaces today have been subject to massive changes over the last 30 or so years. The rise of technology has brought with it changes on both local and global levels. New skills have had to be learnt, and old skills have become redundant. People who have been doing the same jobs for years find their services and expertise are no longer needed.

Globalisation has resulted in the closing down of many manufacturing enterprises in Australia and other parts of the world. Staff are more mobile than ever before. Holding down the same job for life is no longer the norm.

Private Life

Private life and relationships have changed as gender roles and family structures have been re-defined. Changes occur throughout life as we negotiate the milestones, birth, death marriage and all that's in between – children leaving home, menopause, old age and more.

We are all subject to life's changes, both at home and at work. Some changes affect us more than others. Those that take us by surprise or that we don't like can be hard to deal with. We can feel disoriented and threatened.

Understanding the nature of change will help you avoid its potential negative effects. You will better manage change, and emerge more confident and positive than you might have done otherwise.

Delivery

Navigating Change is delivered in a 3-hour workshop, which explains the nature of change, what to expect when change occurs and how to see it through. You will learn about and discuss:

- ◆ The nature of change
- ◆ The various stages of change
- ◆ How to move smoothly through change
- ◆ The 'new beginnings' that follow change

Participants

Suitable for private and workplace groups. *Private individuals* can contact us at any time and put their name down. We offer courses periodically and will inform you of the next course.

Workplaces can get in touch and we can arrange a course with you according to your requirements. This is not a 'change programme,' but will give workplaces coping with change the insight and skills to manage the personal impact of change. Contact us for more details or to arrange a course.