<u>**View Full Course Details including Latest Schedule Online**</u>

PHOENIX TS

Leading Through Change

BONUS! Cyber Phoenix Subscription Included: All Phoenix TS students receive complimentary ninety (90) day access to the Cyber Phoenix learning platform, which hosts hundreds of expert asynchronous training courses in Cybersecurity, IT, Soft Skills, and Management and more!

Course Overview

Change, whether anticipated or unexpected, can challenge individuals and organizations in profound ways. This one day, instructor led, "Leading Through Change" course, provides a comprehensive framework for understanding and managing change. Participants will explore the psychological and emotional impacts of change, learn how to address resistance, and develop effective communication strategies to lead others through transitions. By focusing on both personal and professional growth, this course enables participants to embrace uncertainty as an opportunity rather than a barrier. Participants will leave with actionable tools to adapt attitudes, manage stress, and inspire confidence during times of transition. At the completion of this course, participants will be able to:

- Understand Reactions to Change: Recognize that there are no right or wrong ways to react to change and learn to start from the current state of individuals and teams.
- Shift Perspectives: Embrace change as an opportunity for growth and innovation rather than a source of fear or resistance.
- Adapt Attitudes: Recognize that adapting to change requires an attitudinal shift rather than a purely technical solution.
- Navigate the Emotional Cycle: Understand the grieving process associated with change and how to support others through transitions.
- Strengthen Resiliency: Develop strategies to manage stress effectively and cultivate a resilient mindset.
- Facilitate Successful Change: Identify and apply methods for reducing resistance and ensuring successful implementation of changes in the workplace.
- Communicate Effectively: Deliver clear and empathetic messages about change and check for understanding to align expectations.

Schedule

Currently, there are no public classes scheduled. Please contact a Phoenix TS Training Consultant to

Course Outline

Module One: Course Overview

Module Two: What is Change?

- Leading Thinking
- Self-Reflection Activity
- The Change Cycle
- Endings
- Transitions/Neutral Zone
- Beginnings

Module Three: What is Change Management?

- The Three Phases
- Benefits of Change Management
- Insights

Module Four: The Human Reaction to Change

- Control and Change
- Relating to Your Workplace
- The Four-Room Apartment
- Your Room Discussion

Module Five: The Pace of Change

- The Trend of Change
- Who Are You?
- Positive Change Activity

Module Six: Dealing with Resistance

- Understanding Resistance
- Analyzing Successful Change
- Making Change Stick
- Strengthening a Change

Module Seven: Adapting to Change

- Adjusting Your Attitude
- Some Facts about Attitude
- Overcoming the Fear of Change
- Understanding Resiliency
- Applying the Five Keys
- Pre-Assignment Review Reflection

Module Eight: Coping with Reactions to Change

- Stress Management
- Dealing with the Stress

Module Nine: Delivering Your Message

- Delivering a Clear Message
- Check for Understanding

Module Ten: Action Plan

- Developing an Action Plan
- Personal Action Plan
- Course Summary
- Recommended Reading List

BONUS! Cyber Phoenix Subscription Included: All Phoenix TS students receive complimentary ninety (90) day access to the Cyber Phoenix learning platform, which hosts hundreds of expert asynchronous training courses in Cybersecurity, IT, Soft Skills, and Management and more!

Phoenix TS is registered with the National Association of State Boards of Accountancy (NASBA) as a sponsor of continuing professional education on the National Registry of CPE Sponsors. State boards of accountancy have final authority on the acceptance of individual courses for CPE credit. Complaints re-garding registered sponsors may be submitted to the National Registry of CPE Sponsors through its web site: **www.nasbaregistry.org**

Starting at **$1,095**

ATTENTION
For GSA pricing or Contractor quotes call
301-258-8200 – Option 4

GSA

Price Match Guarantee

We'll match any competitor's price quote. Call 301-258-8200 Option 4.