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PHOENIX TS

Leading Through Change

Due to Covid-19 safety restrictions PhoenixTS will temporarily be unable to provide food to our students who attend class at our Training Center; however, our Break Areas are **currently open** where students will find a constant supply of Coffee, Tea and Water. Students may bring their own lunch and snacks to eat in our breakrooms or at their seat in the classroom or eat out at one of the many nearby restaurants.

Course Overview

Change is something that excites people who love opportunities for growth, to see and learn about new things, or who like to shift the status quo. Some changes, however, are harder to adjust to and lead to expressions of resistance and anger. We can take concrete steps to make change more palatable by understanding people's hesitation, enlisting the help of others, setting up plans, and managing stressors. These steps can also ensure that desired changes are implemented successfully.

At the end of this course, you will be able to:

- Accept that there are no normal or abnormal ways of reacting to change, but that we must start from where we are.
- See change not as something to be feared and resisted but as an essential element of the world to be accepted.
- Understand that adapting to change is not technical but attitudinal. Change is not an intellectual issue but one that strikes at who you are.
- Recognize that before we can embrace the way things will be, we must go through a process of grieving, and of letting go of the way things used to be.
- See change as an opportunity for self-motivation and innovation.
- Identify strategies for helping change be accepted and implemented in the workplace.

Schedule

Currently, there are no public classes scheduled. Please contact a Phoenix TS Training Consultant to discuss hosting a private class at 240-667-7757.



PhoenixTS

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Course Outline

Module 1: Course Overview

Module 2: What is Change?

Module 3: The Change Cycle

Module 4: The Human Reaction to Change

Module 5: The Pace of Change

Module 6: A Four Room Apartment

Module 7: Dealing with Resistance

Module 8: Adapting to Change

Module 9: Strategies for Dealing with Anger

Module 10: Managing Stress

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Starting at **\$1,095**

ATTENTION

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[240.667.7757](tel:240.667.7757)

GSA



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