

# CHANGE: STAYING UP THROUGH THE UPSIDE DOWN

## *Program Description*

### Overview:

No matter how well we map our course, every journey brings with it a few surprises, unexpected detours, and crossroads with no clear signposts. Each situation you encounter brings new opportunities for learning, growth, and success. What can you do to flourish in whatever change tosses you? This program will help you learn how to maintain high productivity and rebound from the demands of change. We'll discuss a structured approach to developing change resilience, how to be better prepared to respond to continuous change, and how to gain a sense of well being in the midst of ambiguity. Probably most importantly, you will learn to stay "up", even when change makes things seem upside down!

### Objectives:

As a result of this program, participants should be able to:

- Understand change as a process of moving from the old, through the "black hole" and into the new.
- Describe the five steps of how you can stay productive through change.
- Clarify the consequences of your actions during the change process and the impact on personal and organizational resilience.
- List the 4 keys to staying positive through change.

Length: Lunch & Learn: 1 Hour  
Workshop: 3-4 Hours

Participant Materials: Handout & Miscellaneous Tools,  
Optional: Book—"Managing Transitions" at  
\$15.00/person  
Optional: Video—"Who Moved My Cheese?",  
Optional: Book—"Who Moved My Cheese?" at  
\$17.00/person