CHANGE:
STAYING UP THROUGH THE UPSIDE DOWN

Program Description

Overview:

Change happens. Most of us have trouble transitioning from the comfort of the familiar through the uncertainty of change toward something new. Fortunately, there's a process that can help you make sense of your change journey. In this interactive program, we will explore the three phases of the change process, as well as how to stay up even when change makes things sometimes seem upside down!

Objectives:

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

- Understand change is a process of moving from the old, through the "black hole" and into the new.
- Describe the five steps of how you can handle change better.
- Determine how his/her attitude towards the change impacts the success of the change.
- 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

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