



Building Resilience & Embracing Change

Course Description:

The ability to withstand, recover and grow in the face of stressors and changing demands is essential in today's environment. As soon as the word "Change" is mentioned, most people go into "Fight or Flight mode! Change is necessary for growth. No change, no progress. This class will help you understand why you may resist change and how to begin embracing it.

Course Objectives:

Change causes people to move outside of their "Comfort Zones". This is where resilience is built. The truth is that no growth happens inside the "Comfort Zone". All growth happens when we move beyond our "Comfort Zones"

- Learn how to overcome the internal resistance to change
- Learn the steps to building resilience
- Understand the internal pain points that cause us to resist change
- Create a culture that accepts and embraces change
- Learn how to respond to change rather than react to it.
- Gain support when trying to affect change
- Encourage others towards change
- Learn how to lead through difficult change



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Who should attend?:

Staff and leadership should attend this class, as embracing change and implementing change require many of the same skills. When pushing through change, we develop resilience.

Why should you take this workshop?:

Staying productive during change

- How to maintain productivity when navigating change
- Be a change agent
- Learn how to engage in the change effort

The challenges & benefits of change

- How challenges can expand your resilience
- Change encourages leadership
- Embracing the challenge of change brings teams together

Change and Personal Growth

- Build resilience
- Increase emotional intelligence
- Change can bring out the best version of you once you understand it