

# Secrets of Change Management: A One Day Primer

In today's world, change is inevitable and often difficult to deal with. During this one-day course, you will learn how to implement, manage, and cope with change.

## How You Will Benefit:

- Find different ways of looking at change
- Create a change implementation strategy
- Make change easier for yourself and others
- Develop techniques to cope with change, including resiliency and stress management
- Know how to maintain a sense of control during a change

## What you will cover

What is change?

- The Bridges change model
- The Conner change model
- The Janssen change model
- Six reactions to change
- Identifying the need for change
- Identifying the cost and benefit
- Setting the vision and goal
- Responding to change
- Creating and implementing a strategy
- Planning for change
- Communication skills
- Empowering employees
- Building resiliency
- Acknowledging reactions
- Dealing with emotions
- Managing negative stress
- Exploring your options
- Examining the reality
- Your behavior is your choice

Name of City and Date of Event

Name of City and Date of Event

## What's Included:

- Instruction by an expert facilitator
- Small interactive groups
- Specialized manual and course materials
- Personalized certificate of completion

TIME: 9am – 4pm. \*Prices and dates are subject to change.

## Pre-Registration Form:

### Secrets of Change Management: A One Day Primer

Yes  Enroll me now

Participant Name (*Please Print*)

\_\_\_\_\_

Position

\_\_\_\_\_

Immediate Supervisor

\_\_\_\_\_

Organization

\_\_\_\_\_

Organization Address

\_\_\_\_\_

ZIP \_\_\_\_\_ Telephone # \_\_\_\_\_

Fax \_\_\_\_\_ E-Mail \_\_\_\_\_

**EXCELLENT IMAGE, INC.**  
*Sustainable Peak Performance*