



Adapting Well to Change

Target Audience: Senior Managers, Managers, Team Leaders, Relationship Managers, Sales and Support Staff

We are living and working in turbulent times. The continually changing landscape dictates that we know how to flex ourselves quickly and effectively if we are to prosper.

It's time to change our habitual patterns of thinking and behaving. We need to be able to transform ourselves so that we can deal with a new reality about how to succeed in business today.

But adapting to change means we have to take risks, leave what is comfortable behind, and learn new personal strategies and behaviours fast in order to continue to achieve the results we want and need.

This one-day course will give you both insight into your own ambitions and strategies for success, and the tools you need to survive and prosper in today's challenging environment.

You will be able to:

- Build on your personal strengths to give you an inner core of confidence and certainty
- Change the underlying drivers of your behaviour: your identity, beliefs and values
- Plan and execute a route from present state to desired state whenever you need to
- Gain control of your thoughts and emotions so that you can adapt readily to challenging situations
- Use a tool for flexing your strategy and behaviour until you achieve the results you want
- Adapt to new people in your life and work smoothly and effectively

The outcome of this course is that you will have greater control over your response to the events that bombard you every day. You will have the inner strength and the outer strategies that will enable you to achieve accelerated performance and better results however turbulent the environment is.