

Continuum



Thriving Through Change

Who would gain from this presentation:

- *Everyone.*
- *Employees facing workplace change.*
- *Companies who experience continuous change.*

It's not what happens to you...it's what you do about it that counts. This workshop encourages participants to better understand their reactions to change, draw on their own experiences, learn about "change hardy" characteristics and develop their own "blueprints" for managing change.

This workshop focuses on the transition; the period of time where many feel frustrated, confused, angry, and a loss of control. People who manage change well have developed ways to regain that important sense of control.

What People are Saying About Thriving Through Change:

"Inspirational."

"I liked group participation."

"Very effective."

"I will learn to handle change better."

"Makes you think; realize others have the same problems."