

# MANAGING MYSELF THROUGH CHANGE

## COURSE OVERVIEW

### Embracing change with comfort

- Implement any change process successfully, based on an understanding on the dynamics of change involved
- Relate to change on a personal level and assess its impact
- Recognise reactions to change in practice
- Manage behaviours and attitudes in a change process
- Plan individual actions that will help the transition from one phase to another

Change not always welcomed by everyone. Sometimes the benefits of change may not be immediately apparent, or people have difficulty implementing changes into their existing reality.

Managing Myself through Change is a thought-provoking and engaging workshop, available as a stand-alone learning experience, or as part of a full 'Accelerating Results through Change' learning suite. Depending on role and depth of learning, participants can extend their skills through a step-by-step process, complete with tools and techniques to successfully and sensitively lead others through change, initiate change and implement change within their organisation.

**For further information visit [tacktmi.co.uk](https://tacktmi.co.uk). If you would like to speak to a member of the team call 01923 897 900 or email [uk@tacktmiglobal.com](mailto:uk@tacktmiglobal.com).**



**Interactive & Practical Training Course**

**Available in-person or virtually**

**Visit [tacktmi.co.uk](https://tacktmi.co.uk) for further information**

### SUITABLE FOR:

All employees experiencing organisational change

### YOU WILL LEAVE THIS COURSE ABLE TO:

- Use previous experiences of change to help manage current or future change
- Develop constructive behaviours which will support you through different types of change
- Understand the potential barriers to implementing change successfully
- Recognise your own reactions to change and modify them as appropriate to the prevailing situation and circumstance
- Develop strategies for managing change successfully