



# NAVIGATING Change

Virtual Edition

## THE IDEA

Is your team struggling to keep up with the rapid pace of change? In Navigating Change we explore the link between our need for innovation and the challenge of coping with the change it inevitably causes.

Team members assess their own change hardiness, learn about the change cycle, and develop personal strategies to move from denial and negative emotion to embracing ... even driving ... change. This workshop is appropriate for intact teams, project teams and team leaders.

Whether you want to gain the perspective of embracing and adapting to change as a team member, or learn how to lead your group through anticipated changes effecting your organization, this workshop is for you.

## THE DETAILS

- Interactive and fun online activities that will have you seeing change in a whole new light
- Debriefs and facilitated discussions
- Presentations on current change theories and models from Kotter, Lewin and others
- Change resiliency self assessment

## THE RESULTS

- Be aware of their reactions to change
- Understand the change cycle
- Identify personal strategies for becoming more adaptive
- Learn to lead change
- Develop strategies to support one another in times of change
- Know when and how to communicate change
- View change as an opportunity

## VIRTUAL TRAINING WORKSHOPS



*The feedback I have received from participants who attended your presentation has been entirely positive.*

**Dr. Lillian MaChair,**  
Landlord and Tenant Board



team@summitteambuilding.com  
www.summitteambuilding.com