



Change Anything

Overview

The irony of change is that the more control you think you have—the more you rely on personal willpower—the less likely you are to succeed. Many of us are blind to and outnumbered by the ways in which the world is organized to drive our current behavior. Elevate’s Change Anything program will show participants how to identify and cope with obstacles in their work environment and how to do more with less. This program will teach participants how to break bad habits and instill long-lasting change for better work performance and efficiency. The result? A highly focused and productive workforce ready to take on challenges.

Learning Objectives

- Understand the people side of change
- Letting go of the “way things used to be”
- Develop a change management strategy
- Create a communications plan
- See change as an opportunity for self-motivation and innovation
- Identify strategies to be a change agent

Course Outline

Module 1: Understanding the Process of Change

Module 2: Control and Resistance

Module 3: Strategies for Dealing with Change

Module 4: How to Deal with Change-Associated Stress