

Living through changes well



CC-12 2 Days (14 Hours)



Description

The acceleration of change has become the rule. However, for some, experiencing the changes well does not come naturally and is accompanied by apprehension and resistance. This training is intended for them. It allows them, thanks to a respectful educational approach, to become aware of the mechanisms at work and to encourage the emergence of new representations to better welcome change.

Who is this training for ?

For whom

Any person having to face a situation of change in their profession and/or professional environment.

Prerequisites

None.

Training objectives

- Identify the origins and mechanisms of change.
- Acquire the ability to positively welcome change projects.
- Transform constraints into opportunities.
- Be an actor in the change process.

Training program

Identifier les caractéristiques des processus de changement

- Clarify the factors or events at the origin of change and the impacts on an individual level.
- Distinguish the different levels of change, to experience them constructively.
- Be part of a positive process dynamic for your own change.
- Become aware of the risks and opportunities for yourself in change.

Se préparer aux impacts du changement pour soi

- Clarify your own representations in the face of change.
- Identify your stress reactions induced by change.
- Develop the different impact scenarios of change to secure yourself .
- List your own obstacles to change.

Faire face à ses résistances au changement

- Identify your own resistance behaviors to change: defense mechanisms and limiting beliefs.
- Analyze your emotional reactions to change to overcome your fears.
- Overcome the blockages to project yourself into a perspective of building your project and your new identity.

Être acteur de son adaptation au changement

- Develop your assertiveness to tackle the future.
- Transform your resistance into potential resources.
- Open yourself to new opportunities by relying on your strengths.
- Implement your success strategy through a short and medium term action plan.

Mise en œuvre en situation de travail