

overview

Empowering people to understand change, equip them with brain based tools to be resilient and stay in control of the rapidly changing world and workplace

program outcomes

- } Understanding factors that influence people during times of change
- } Assess the impact of change
- } Understand change as a process that involves **beginnings, transitions and endings**
- } Acquire the ability to view change positively



- } Understand the effects of change and its impact on the brain and state of mental wellness
- } Develop 8 change resilience characteristics to stay in control of change

1 Day

