



# Engaging Change

Going through change is challenging. It's riddled with uncertainty and an expectation that we embrace the unfamiliar, causing concern, stress and derailed projects. However, a better understanding of change in the workplace and how we react to change can enable people to take ownership and contribute productively, creating a more motivated workforce driving each other towards early adoption of new ways of working. This programme equips everyone with a readiness for change and a sense of confidence when managing change in the workplace.

This programme has been designed by The Colour Works.

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# Content

## Change in the Workplace

- The human impact of change
- Habitual thinking and creating mental agility
- The colour energies and change
- Needs throughout change
- Resilience - creating the most robust version of self
- Commitments and accountability - making it real to support each other back in the workplace

## Impact

- Commitment
- Clarity
- Involvement

## Outcomes

By the end of this programme, your people will be armed with an understanding of how they can better deal with change at work. They'll be robust and have established personal action plans with which to maintain traction and push for early adoption as fast as possible.