

Surfing the Waves of Change



For Intermediate Level



100 Minutes



Learning Objectives

- + Decode meaning of change and appreciate its necessity.
- + Understand responses towards change and techniques to manage the same.
- + Develop skills and coping mechanisms for embracing change and uncertainty.



Learning Tools

- + Facilitator driven discussions
- + Individual reflections
- + Shared stories and anecdotes
- + Video based discussions
- + Change readiness assessment



Your Takeaways

- + Personal change zone
- + Role of a change catalyst
- + Change behavioural Analysis
- + Change management-process elements

Learning Modules

- + Change and it's meaning in today's time
- + Approaches to change
- + Role of a change catalyst - What's in it for me?
- + Traits and skills of a change embracer
- + Change zones
- + Resistors and enablers
- + SURF model
- + Catching the next wave
- + My Change readiness map – Action plan