



Managing Yourself Through Change

OBJECTIVES	<ol style="list-style-type: none">1. Provide a method for participants to realize the need to create change in their lives to achieve personal success.2. To provide a process for dealing with unwanted or unsolicited change and achieving successful outcomes.
COURSE SUMMARY	<ul style="list-style-type: none">• Identification of events• Concept of acceptance• Consequences of non-acceptance – steps to Social Isolation• Formula for dealing with anger• Benefits of acceptance – steps to personal success• Setting goals• Conducting research and personal planning
KEY TOPICS	<ol style="list-style-type: none">1. Managing Yourself Change Model2. Things May Not Always Be As They Seem - game3. Anger formula4. Personal planning matrix
TARGET GROUP	Managers, Supervisors and employees who may be involved, or need to be involved, in personal or professional changes.
CLASS SIZE	10-100
RECOMMENDED DURATION	1 day (Can be done in _ day with a more lecture type format)
PREREQUISITE	None
INSTRUCTIONAL FORMAT	<p>Facilitated discussion and group activities to practice the skills taught.</p> <p>Participants will identify key issues causing stress in the organization and identify causes for that stress. Group discussion is used to identify key causes and possible solutions.</p> <p>Real life examples are utilized to bring key concepts home to each participant.</p>
COMPANION COURSES	Partners in Service and Roles for Success in an Empowered Environment