

Change Readiness

What is Change Readiness?

Change is ever present in our lives and the volatile, uncertain, complex and ambiguous world we live in demands an acceptance that nothing is permanent. At any given time in our lives we are undergoing a change and processing thoughts and emotions along with achievements and losses. Finding a useful and creative response to change will prepare us for the transformational opportunities embedded in every moment of life.

Who is it for?

We are always in a state of change. However, not everyone is adept at managing themselves well through change every time it happens around us. Finding alternative responses to change means we are able to embrace the transformation and even encourage it along with the positive benefits it can bring to us and our businesses. If you would like to be better equipped, then this is for you.

What does it offer?

This module takes people through a useful model of change and explores the fundamental idea embedded in change that loss and sadness form part of any change. In addition attractive gains and joy can be achieved through change. Learners are introduced to alternative ways of viewing change so that the opportunities for growth and expansion of potential is seen as normal part of the change experience.

How do we sign up?

Contact us at madebetterhuman.com.au

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