

Building Resilience & Embracing Change

Course Description:

The ability to withstand, recover, and grow in the face of stressors and changing demands is essential in today's environment. As soon as the word 'change' is mentioned, most people go into 'Fight or Flight' mode. Change is necessary for growth. No change, no progress. This course will help participants understand why they may resist change and how to begin embracing it.

Course Objectives:

Change prompts people to step outside of their 'Comfort Zones', where resilience is cultivated. The reality is that no growth occurs within the 'Comfort Zone'; rather, all growth occurs when we venture beyond it.

In this course, participants will:

- Learn how to overcome the internal resistance to change.
- Learn the steps to building resilience.
- Understand the internal pain points that cause us to resist change.
- Understand stress and how building resilience can reduce it.
- Create a culture of resilience that embraces change.
- Learn how to respond to change rather than react to it.
- Gain support when trying to affect change.
- Encourage others towards change.
- Learn how to lead through difficult change.
- Understand the Circle of Control.

