



Comprehensive Empowerment

Leading changes on the human level

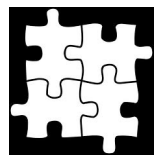
We live in a world and in a period where changes are necessary to progress. Changes at work are among the most complicated challenges to tackle. First, because it is not trivial to set up structures, processes and methods in place in order to change. Second, because Change Teams sometimes underestimate or ignore how to support individuals.

What is in it for me in this workshop?

- 🔗 Facing difficulties and mixed emotions and Blocking bad thoughts
- 🔗 Understanding that resistance is natural and how to deal with it
- 🔗 Building an infrastructure in order for changes to happen
- 🔗 Learning again to focus on the benefits and not on the losses
- 🔗 Understanding how essential it is to visualise the ideal world
- 🔗 Selling the key ideas of Changes
- 🔗 Embracing Creativity and Innovation
- 🔗 Looking for collaboration
- 🔗 Making these changes last to take advantage



Understand



Integrate



Practise

Keep intuition and instinct - Add structure and strategy!

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Agenda

Methodology

DAY 1

- What kind of changes are we going through?
- Difficulties linked to your changes
- Changes : Reactions, Thoughts, Emotions

- Changing on different levels
- Changes and Powers

- Seven dynamics of Change
- Managing each dynamic

- Self-talk
- Changes & Inner voice
- “Who moved my cheese?”
- The four attitudes

- Thinking differently
- Changes & Creativity
- In a Group or Individually?
- Changes & Collaboration

- The Action Plan



Subgroup Discussions



Role Plays/ Exercises



Tools, Models, Methods



Illustrative Videos

DAY 2

A one-day workshop focused on concrete changes: Participants will use the five-steps methodology: creating a change team, developing and sharing a vision, encouraging the individual's commitment, measuring progress, making changes last.



Role Plays/ Exercises

Keep intuition and instinct - Add structure and strategy!