

# 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, mixed feelings and blocking bad thoughts



📌 Understanding that resistance is natural & how to deal with it

📌 Learning to focus on the benefits and not on the losses



📌 Embracing Creativity and Innovation

📌 Looking for collaboration



📌 Making these changes last

# Leading Changes on the human level Agenda

## DAY I

 What kind of changes are we going through?



Subgroup Discussions


 Difficulties linked to your changes

 Reactions, Thoughts, Emotions



Role Plays/ Exercises


 Changing on different levels

 Changes and Powers

 Seven dynamics of Change



Tools, Models, Methods

 Managing each dynamic

 Self-talk



Illustrative Videos

 Changes & inner voice


 “Who moved my cheese?”

 The four “attitudes”

 Thinking differently



Role Plays/ Exercises

 Changes & Creativity

 Changes & Collaboration