

Stress and Change Management

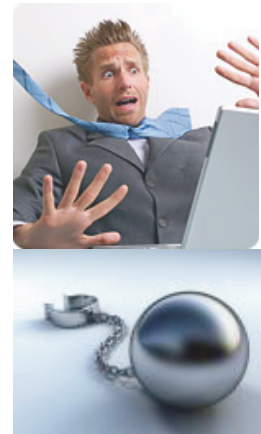
THIS PROGRAM IS DESIGNED FOR: Managers, Executives, and Individual Contributors interested in learning how to handle the rapid changes and stress associated with life and work.

AS A RESULT OF PARTICIPATION YOU WILL BE ABLE TO:

- * Increase personal presence needed for high performance
- * Define change — and explain its importance to the success your organization
- * Work with a model of change, and apply it to a change you are currently experiencing
- * Describe appropriate roles for organizational leaders, managers, and supervisors, and employees involved in a change
- * Identify strategies for managing change at a personal level — and
 - * determine which strategies may be most useful to you
- * Coach peers in selecting strategies for managing change. Establish personal and professional priorities and focus on them
- * Identify what situations cause you stress and use strategies and techniques to manage stress
- * Establish personal strategies for higher levels of productivity at work and quality of life at home

PROGRAM TOPICS INCLUDE:

- * Understanding and defining change in today's organizations
- * Understand how stress and change effects the quality of your work and life satisfaction
- * The importance of change to organizational success
- * Lessons learned from failed and successful change efforts
- * Developing a model for organizational change
- * Change management strategies for employees
- * Identifying roles for managers and employees during change initiatives
- * Coaching peers to handle change
- * Assessing your stress level
- * Explore techniques for managing stress



LEARNING METHODS:

Self-assessments; individual, small- and large-group practical exercises; facilitator presentations; role plays; and application planning