



THRIVE THROUGH CHANGE: PERSONAL RESILIENCE IN TIMES OF CHANGE



PROGRAM OVERVIEW

PERSONA



Transformer

COMPETENCY



Pioneering
Change

SKILL



Adapting
to Change

This 1-2 day program equips participants with the skills and mindset required to navigate and thrive during periods of change and uncertainty. The program focuses on building personal resilience, managing emotions, and fostering adaptability. Through interactive sessions, participants will explore practical tools and strategies to maintain focus, energy, and effectiveness in challenging circumstances, while also supporting others in times of change.

PROGRAM OBJECTIVE

By the end of this program, participants will:

- Understand the concept of resilience and its role in personal and professional success during change.
- Recognize their own emotional responses to change and apply strategies to manage stress and maintain balance.
- Develop adaptive skills to navigate ambiguity and shifting priorities with confidence.
- Cultivate a growth mindset to view challenges as opportunities for learning and development.
- Build effective habits and techniques to stay focused, motivated, and productive during uncertain times.



PROGRAM OUTLINE

MODULE 1:

UNDERSTANDING RESILIENCE AND THE CHANGE CURVE

- Explore the fundamentals of resilience and its importance during change.
- Learn about the emotional impact of change through the change curve framework.
- Identify personal triggers and reactions to change.



MODULE 2:

MANAGING EMOTIONAL RESPONSES TO CHANGE

- Strategies for managing stress, uncertainty, and emotional overwhelm.
- Techniques for developing emotional intelligence to navigate challenges.
- Practice mindfulness and grounding exercises to enhance focus and calmness.



MODULE 3:

BUILDING ADAPTIVE SKILLS AND MENTAL AGILITY

- Learn how to stay flexible and open-minded during rapid change.
- Develop problem-solving techniques to address unexpected challenges.
- Explore tools for maintaining productivity and efficiency amidst shifting demands.

MODULE 4:

CULTIVATING A GROWTH MINDSET

- Reframe setbacks and failures as opportunities for growth and learning.
- Develop strategies to foster optimism and proactive thinking.
- Case studies and exercises on overcoming adversity with a positive outlook.

MODULE 5:

SUSTAINING RESILIENCE AND SUPPORTING OTHERS

- Create personal action plans for building long-term resilience habits.
- Learn how to support and inspire resilience in colleagues and team members.
- Reflect on personal and professional values to stay aligned during challenging times.

Period

**1-2
Days**

Program designed for:

Specialist, Analyst,
Team Member

Senior Specialist,
Coordinator,
Supervisor