



REGAINING PERSONAL CONTROL IN A CLIMATE OF CHANGE

Programme Aims

A workshop for employees to enable them to better manage the uncertainty of change

Session objectives:

At the end of the session participants will:

- Understand and deal with the emotional aspects of the changes
 - Understand how to minimise the negative and maximise the positive aspects of transitions
 - Understand how to regain a sense of personal control in times of change
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Outline Session Content

- Understanding the process of change
 - How people tend to respond to change
 - Your responses to the current changes – Syndicate exercise
 - Ineffective and effective feelings
 - Effective and ineffective thoughts
 - Changing your perceptions
 - Effective and ineffective behaviours
 - Taking personal control - What you can do for yourself
 - Managing the stress of change
 - Identifying your signs of stress
 - Stress reduction techniques
 - Personal action Plan
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General

- (One day) 7 hours
- Participants can be provided with a booklet entitled “Regaining Personal Control in a Climate of Change” that accompanies the workshop.
- Because of the interactive nature of the session a maximum group size of 12 participants is recommended.

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