

THRIVING IN CHANGE: YOUR ROADMAP TO RESILIENCE



We know that change is inevitable and there's really no way around it. But people still fret over it, worrying about what's lurking around the corner and wondering when the proverbial "other shoe" is going to drop.

In fact, recent research suggests that stress alone is behind 60% of all human illness and disease, with 3 out of 4 doctor visits being due to stress-related ailments. Simply put—change, and the stress that it very often brings, is taking a toll on people every day.

Thriving in Change has been developed to focus on the individual process of working through change, and understanding how you can manage that process more effectively.

This half day workshop is proven to help you cope better with change. Our facilitators will guide you through a 3 step system to coping with change. We help you unpack your reactions to change, understand yourself more deeply and create a powerful plan for building your resilience to change.

- Understand why change impacts you
- Understand and accept change
- Build resilience to change
- Use your strengths to cope in change
- Create a resilience plan

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