

## **Managing and Surviving Organisational Change**

The economic downturn is seeing organisations restructure, downsize, cut costs and lay off people.

These are trying times for managers and staff. In response, we have designed a suite of workshops to support and manage change effectively.

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### **Leading Change Effectively**

This workshop focuses on the essential qualities a leader needs to move change forward swiftly, positively and with the end in mind.

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### **Managing Change Effectively**

Using a '7S' model, this workshop enables Managers to plan and navigate change effectively. The approach is holistic: taking strategy, staff and skills forward for real change.

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### **Managing your Career**

This workshop helps people review their skills and experiences and take their working lives forward. This is an insightful personal journey that empowers people to take control of the future.

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### **Managing Personal Change**

This workshop helps people to overcome fear and worries about moving forward in changing circumstances. This is 'life-skill' at its best: building personal capacity to cope and adapt.

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### **Presenting Positively for Job Opportunities**

This workshop enables staff to present their skills, experiences and personal qualities in writing and in interview situations. Practical interview practice and feedback can be arranged.

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### **Thriving under Pressure: managing stress**

This workshop enables people to understand stress and how to manage it. This is especially useful during periods of personal change.

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Our courses are interactive and engaging. We help delegates to apply skills and understanding to their own context. This improves confidence and wellbeing and helps them embrace the future.

**Contact Martin Searle, below, for further workshop information.**