

COPING WITH CHANGE



Personal Development Course

LEARNING OUTCOMES

- Understand how change can impact you by recognizing common reactions like stress, resistance, or uncertainty, and how they affect wellbeing and performance.
- Define what you can control during change, focusing your energy on what's within your influence and letting go of what isn't.
- Develop healthy coping strategies through mindset shifts, self-care, and effective communication to stay balanced during transitions.
- Use the Four A's—Avoid, Alter, Adapt, Accept—to respond constructively to stressful situations and navigate change more effectively.

COURSE OVERVIEW

Change occurs when something ends and something new begins. This often involves moving away from the familiar and navigating the uncertainty of the unknown. The period of transition can be challenging, as it requires letting go of established ways and embracing new ones. This course equips individuals and teams with the tools to understand, adapt to, and manage the personal and professional impacts of change effectively.

TOPICS COVERED IN THIS COURSE

Understanding Change

Explore what change really means and why it can feel difficult, highlighting the natural challenges and emotional impact it brings.

The Transition Process

Learn about the three phases of transition and how people typically move from the old to the new, including common stress points.

Introduction to Resilience

Understand what resilience is and why it is essential for navigating change effectively.

Traits of Resilient People

Examine seven key traits of resilient individuals and how these traits support adaptation and growth.

Assessing Your Resilience

Check your own resilience levels and identify personal coping mechanisms that help you manage change.

Developing Positive Coping Strategies

Learn practical strategies to cope with change, including mindset shifts, self-care, and effective problem-solving.

Focusing on What You Can Control

Identify areas within your influence and practice letting go of factors beyond your control to reduce stress.

Managing Stress with the Four A's

Apply the Four A's—Avoid, Alter, Adapt, Accept—to handle stressful situations and respond constructively to change.