

EAC Training

OUTLINE

- Topic:** **Coping with Change**
- Description:** The Coping with Change seminar focuses on identifying the frustration with change and the emotional stages we go through as we progress from resistance to accepting change. It is all right to be frustrated and have questions regarding change. It is the learning to understand our “change reaction” and to put it into context with the change cycle. We will focus on learning to communicate about change frequently before, during and after the “event”. The participants will also implement steps to reduce the frustration of change. The seminar has application exercises and case studies to help implement the steps in the change cycle.
- Equipment:** Flip Chart, Markers
- Room Arrangement:** The optimal set up for this session would be a half circle. The other important element for this session is to have enough room for the participants to break-off into smaller groups.
- Number of People:** This training is best facilitated with a range of 15 - 30 participants.
- Time:** One Hour
- Delivered by:** Dan Fogel
Ron Scott