



# Lisa Jeskins Training

*Engaging training for information professionals*

## Course outline

*Train the trainer*

### Course aim

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To introduce participants to a range of techniques that will help them begin to understand and deal with change.

### Objectives

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At the end of the course participants will have:

1. Looked at different stages of change and started to consider how they feel about change
2. Discussed what makes people resistant to change
3. Been introduced to strategies to help them cope with change
4. Looked at ways people are affected by stress and how to relieve it
5. Considered ways to find help and support

### Content

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- Understanding change
- Dealing with change
- Keeping positive
- Working with your manager
- Reducing stress
- Finding support

### Course type

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The session will include a mixture of presentation and group discussion work.

### Feedback

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*“Enjoyed it immensely”*

*“An excellent, well facilitated course. Thank you Lisa”*

All courses are tailored to meet your specific requirements. [Please contact me for further details.](#)