



Lisa Jeskins Training

Engaging training for information professionals

Course outline

Surviving and thriving during change

Course aim

To introduce staff to a range of tools to prepare them to face change and equip them with techniques on becoming more resilient.

Objectives

At the end of the course participants will have:

1. Recognised their personal change style type and how that impacts on the way they react to change
2. Identified the key elements of resilience and explored ways to build their personal resources to cope during times of change
3. Recognised signs of stress and identified a range of coping mechanisms to deal with it
4. Reflected on what elements of the changes are within their control, explored options to manage them and developed a plan of action

Content

- What is change?
 - Change style and perceptions
- Dealing with change
- Change curve and behaviours that occur during change
- Signs of stress
- Circle of concern
- What is resilience?
- Flexibility and adaptability
- Creativity and positivity

Course type

The session is a 1 day workshop developed and run by Lisa Jeskins and [Claire Bradshaw](#). It includes a mixture of group discussion work.

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