

## Embracing Change

### Course Overview

Whether you are eagerly anticipating a change, or a change is forced upon you, understanding the process of change can greatly enhance your ability to embrace it. Discovery of your strengths and how to apply them during the process of change will allow you to become a change agent in your own life and that of others.

External change is constant. Your ability to adapt to it depends upon your acceptance of the natural flow of life. In this course we will help you expand your ability to recognize and overcome your resistance to change and equip you to meet the challenges of change – whether imposed upon you, or by you.

Designed to expand your thinking, align your actions with your goals and deepen your understanding of yourself and your world, this course will ignite a newfound confidence that will impact your personal and professional life forever.

### Expected Results

- Explore Business Leaders For Tomorrow's Foundations and how they support the process of change
- Recognize change as a necessary part of living, and enhance your acceptance of the natural process
- Assess the emotional impact of change and the transition process
- Describe and address resistance to Change, both your own and others'
- Learn creative ways to manage change
- Identify strengths you have applied in previous situations
- Create a 4-week Action Plan to implement desired changes



**“A deeper level of  
Self-Awareness”**

**Register:**

1.800.546.1445 or  
info@trainleaders.com

**Course Length:**

▶ 1 Day  
(9:00AM-4:00PM)

**Average Class Size:**

8-15 participants

**Materials Included:**

- ▶ Participant Guide
- ▶ Action Planning Guide