

# Got Change?!

## Innovative Strategies to Thrive in a Changing World

Training | Keynote



Change is a fact of life. Job changes, promotions, single parenting, aging parents – today’s common stresses at work and home may leave you feeling helpless, angry, or depressed. You can’t always control change, but you can control your response to it. Stress is a natural part of your personal and work life. Some aspects of it are positive in that the conditions leading to stress often get you to take action when you might not otherwise. However, stress itself may lead to or contribute to a number of problems that make your life more difficult both at home and in the work place.

### Objectives

After participating in this program, you will be able to:

- Focus on the impact of change in your personal and professional life
- Evaluate your adaptability
- Tap into and exercise your creativity
- Understand how stress affects you, your body and your effectiveness
- Utilize several strategies to seek comfort with change and less stress

### Format

This interactive program uses experiential learning techniques such as a self-assessment, large and small group discussions.

### Ideal Size

Keynote: No limit

Training: No more than 25 people

### Length

Keynote: 60-90 minutes

Training: 3-6 hours

### Agenda

The dynamics of a recent change

- How do you view change?
- How high is your CQ (Creativity Quotient)?
- Factors that help and hinder creativity
- Ways stress affects you, your body and your work
- 53 Excuses for not trying something new
- Video – “Who Moved My Cheese”
- Four-step problem solving process
- 15 ways to become more creative

### Target Audience

Individuals, teams or companies experiencing change or are pursuing new opportunities

### Typical Uses

Used before, during, or after experiencing change.

### Material Options

- *Attitude: The Choice is Yours* book
- Handouts