

Coping with Change

Overview

Because change comes in countless different forms, every situation is unique. One thing is certain, change is “normal” in today’s workplace. Coping with the ambiguity and uncertainty of change is imperative for new managers who also need to help their team members to work through the changes. This one-day workshop provides a range of strategies, techniques and tools that will be helpful for you to keep in mind and adapt to whatever changing circumstances you face.

Competency Framework:

First Line Manager Common (ASO3-ASO5)
 Middle Manager Core (ASO6)

Facilitator:

Centre for People Development

Duration:

1 full day
 9:00am – 4:30pm
 (8:45am registration)

Dates:

Please refer [here](#).

Location:

Level 6, 12 Pirie Street
 Adelaide SA 5000

Inclusions:

Comprehensive workbook, morning tea, lunch and refreshments.

Cost: (Individual Session)

Professional Member: \$460
 State Gov. Member: \$495
 Corporate Member: \$505
 Non-Member: \$575

Contact:

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Content

Topics to be covered include:

- Responding to change.
- Tips for coping with change.
- Personal resilience.
- Managing uncertainty and ambiguity.

Outcomes

Participants have the opportunity to:

- Understand the dynamic nature of change at work.
- Develop change management skills.
- Access strategies and tools for coping with change.
- Develop confidence as change managers.

Who should attend?

- People coming to grips with leading a team and managing others for the first time or team leaders who have been a team member and are now the team leader.
- Team leaders responsible for implementing new/different policies, services or programs with their team.

Benefits to you and your organisation

- Focusing on what you can do when change is imposed.
- Networking with people in similar roles in the SA public sector.
- Expert input, skills development and access to strategies, tools and tips.

Pathways:

This course is part of the extended series, **New and Emerging Manager Series**. You can register for the entire series and receive a 15% discount or register for individual sessions that meet your needs.