



## Performing through Change

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We don't believe in change for change's sake, we believe in change that tangibly improves performance. It is more important than ever to equip managers and individuals with the mindset and skills to maximise performance through change. The extent to which your people can embrace, adapt to and leverage change will dictate your competitive advantage.

Because change is constant, individuals need the inbuilt resilience to maintain performance and adapt positively. Companies that invest proactively in supporting and reinforcing this mindset will be able to sustain performance through adversity.

Individuals will leave this workshop, fully equipped to embrace change on a personal level and support those around them.

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### **As a result of this workshop individuals will:**

- Be able to maximise performance when experiencing change
  - Understand natural reactions to change and how to respond effectively
  - Improve their ability to lead others through change
  - Recognise the adverse affects of change and how to address them
  - Be equipped with the tools and mindset to embrace change positively
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### **This highly practical and interactive workshop includes:**

- The Transition Curve
  - Analysis of individual response to change
  - The practical application of Kotter's change model
  - Application to real business examples
  - Coping mechanisms for stress and strain
  - Techniques to maintain performance through times of turbulence
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#### Duration and Timings:

1 day

#### Group Size:

8 – 16 people

***What makes BackleyBlack workshops different is our ability to embed the principles of Olympic excellence within highly engaging, business focused development.***

***This unique design coupled with an interactive and pragmatic approach means that you can expect a far higher level of motivation and skill transfer, and in turn gain a greater level of performance in the workplace.***



**BackleyBlack**

Olympic performance in the workplace

## Performing through Change

Discover how we can bring  
'Olympic Performance'  
into your workplace.

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