

MAKING CHANGE WORK FOR YOU



You will learn how your DISC style deals with change, and how you can become a change agent.

People handle change differently. How do you handle change? In this seminar, you will receive the tools not only to cope with change, but also to create it.

Following this course, you will understand the DISC theory and your own DISC style, and how different DISC styles deal with change.

Training Goals:

- ❖ **Understand** your own DISC style to gain the right perspective of change.
- ❖ **Learn** causes of low morale and strategies to eliminate them.
- ❖ **Identify** the four perspectives of change and how different levels in the organization focus on different perspectives of change.
- ❖ **Understand** the morale curve; learn how to improve morale even during the most difficult times.
- ❖ **Improve** your relationship and interaction with others by understanding the DISC theory.
- ❖ **Move** away from coping, adapting, and resisting change; move toward facilitating change.
- ❖ **Develop** strategies to move from anxiety and fear to action.
- ❖ **Learn** the four unhealthy responses to change and how to avoid them.
- ❖ **Identify** stress levels of change and how to prevent them.
- ❖ **Take** three proven steps in moving from resistance to readiness.

Course Version:	1/2 Day or 1 Day
Recommended Class Size:	15-20 or Lg Group Conf
Materials:	Manual
Assessments:	Extended DISC®
Certification:	Yes

"This was a great learning experience. The style of presentation was fabulous. I felt that this is practical at work and also in my personal life. I learned what my weaknesses are and how to adapt to present to different types of people."

– Annarose B.
Kendal Floral Supply