

OVERCOMING YOUR IMMUNITY TO CHANGE PROGRAM

Building the skills and techniques to make change work for you



WHY DOES THIS MATTER TO YOU?

Everyone finds change hard. Even when the change is something you want. This is because successfully changing is more than just having willpower. There are often undiscovered reasons that can hold you back from changing and reaching your goals.

This highly personalised program will take you on an enlightened program of self-discovery. It will help you uncover the real reasons why you may be finding it hard to change, and how your unconscious goals can sabotage your desired goals.

The program works one on one with a highly experienced coach, who will guide you through a series of activities that are designed to help you move forward positively and optimistically with your life goals.

WHAT'S THE GOAL?

To provide personal insights, tools and techniques that help you secure your life goals by uncovering the hidden obstacles to achieving them and building the confidence and ability to move forward.

WHAT WILL YOU LEARN?

The Overcoming Your Immunity to Change program is designed to help people in both their professional and personal life.

To successfully change, you need to understand what is going on for you psychologically, cognitively, emotionally and physiologically. By gaining insight into these elements you are better able to manage and respond to changing circumstances. While the program's approach is underpinned by science, the course activities are practical so you walk away with your own personal change toolkit.

This highly personal program is tailored to the individual needs of each participant.

Key learning outcomes include:

- The fundamentals of successful personal change and how to apply in real life situations
- Awareness of the impact your mindset has on how you experience change, and greater insights into what can be holding you back from successfully changing
- The key steps to take before, during and after a change to help ensure successful and sustained outcomes and benefits from the change
- Develop and test a plan to address the factors that can be holding you back from successfully changing
- Increased confidence in applying these techniques in different situations – both personal and professional
- Heightened perspective on the actions you need to take to build new habits to sustain the desired change

LEARNING APPROACH

This is a highly personalised and tailored program.

Over the eight weeks of the program you will meet with your coach each week for one hour.

In between each session there will be activities that you will work on through the week. These activities will help you progress your thinking and development. They will also enable personal reflection, which is an important part of self-discovery.

Throughout the program your coach will be on call and happy to answer any queries you have about the exercises that need to be completed. They will also be available to support you as challenges arise and insights develop.

Each participant receives:

- Eight weeks of personalised coaching sessions
- Eight weeks of customised activities
- An 'Overcoming your Immunity to Change' workbook and journal
- On call support from your coach throughout the program's duration

THE FACILITATOR

As a recognised expert in organisational complexity, and Author of 'Step Up – How to Build your Influence at Work', Michelle's work lives at the crux of understanding, architecting and leveraging change.

Obsessed with unlocking high-impact choices to accelerate meaningful progress, Michelle is enabling a new breed of leader - one that is fit for the future of work.

Through her passion and advocacy for a new approach, Michelle has built a distinguished reputation across the Asia-Pacific region as the keynote speaker, advisor and executive mentor of choice for many leading edge corporates and global organisations.



With more than twenty years' senior executive experience across multiple industries, her expert ability to work with the flow and pace of change has seen her navigate uncertain and ambiguous environments and secure sustainable outcomes with focus and grace.

Michelle has Undergraduate Degrees in Communications and Commerce and a Masters in International Trade. She is also a graduate of the Australian Institute of Company Directors, a Fellow of Finsia and the Australian Institute of Management, and alumnus of Leadership Victoria's Williamson Community Leadership Program.

