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Throughout the world's history, change has been a constant feature. What’s different now is the velocity, frequency and connectedness of the change. Change is generated by the environment, organisations, governments, technology, as well as consumer demand and societal expectations. The change can be large or small. Simple or complex. Singular in nature, or multi-faceted.

To lead productive, happy and fulfilled personal and professional lives, it’s no longer enough for us to merely ‘survive’ change, we must be equipped to ‘thrive’ through it.

Why does this matter to you?

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What’s the goal?

To provide insights, tools and techniques so you can best manage yourself, and motivate others to recognise the opportunities that arise with change and how to act on them.

What will you learn?

The Thriving Through Change program is designed to help you transition from an old environment to a new environment successfully.

To thrive through change you need to understand what is going on psychologically, cognitively, emotionally and physiologically. By gaining insight into these elements, you are better able to manage and respond to your changing circumstances.

While the program’s approach is underpinned by science, the course activities are practical so you walk away with a toolkit to help you (and others) thrive through change.

Key learning outcomes include:
• Understanding the critical ingredients for successful personal change, and knowing how and when to apply
• Awareness of the impact a person’s mindset has on how they experience change and how to manage
• Heightened awareness of the steps to take to build new behavioural habits
• Ability to analyse a situation from multiple perspectives so you can see the perspectives of stakeholders involved in the change
• Insight into how the brain responds to changing environments, and how to detect, mitigate and manage
• Increased confidence and experience in applying these techniques to a range of circumstances
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.

LEARNING APPROACH

The program can be run as a small group or large group session.

If the session is held as a small group, a one on one coaching session will be held with each participant before and after the session. This helps to initially baseline the participant’s understanding and then to determine next steps and the sustainability of the learning.

Each participant receives their personal ‘Thriving Through Change’ toolkit, and practical knowledge and ideas that can immediately be put into practice.

Each participant receives:
- Two personal coaching sessions and a diagnostic which uncovers areas of focus (if in a small group setting)
- A full day workshop
- A personal ‘Thriving Through Change’ toolkit
- Reading material and ongoing access to new material and insights post the course

TARGET AUDIENCE

The Program is suited to all professions, organisational levels and backgrounds, and provides skills that aid a person’s professional and personal development.

THE FACILITATOR

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