

THRIVING THROUGH CHANGE PROGRAM

Building the capability to make change work for you



WHY DOES THIS MATTER TO YOU?

We are living in a time of such rapid and complex change that the World Economic Forum has called it the Fourth Industrial Revolution.

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.

WHAT'S THE GOAL?

To provide the capacity, capability and conviction so you can best manage yourself, and motivate others to embrace the opportunities that arise with change and how to leverage them.

WHAT WILL YOU LEARN?

The Thriving Through Change program is designed to help you build and acquire the skills to thrive in a complex and ever changing world.

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 and behavioural patterns have on how they experience change and how to adjust
- Heightened awareness of the steps to take to build new behavioural habits
- Insight into how the brain responds to changing environments, and how to detect, mitigate and manage
- Understand how changing the context and applying 'nudges' can help with change acceptance and adoption
- Increased confidence and experience in applying these techniques to a range of circumstances - so you have a personal change toolkit

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 two-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.

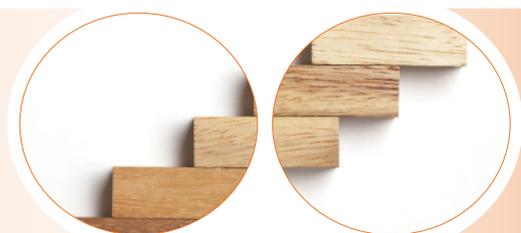
THE FACILITATOR

Michelle Gibbings is a change leadership and career expert, and founder of Change Meridian. She is the Author of 'Step Up: How to Build Your Influence at Work', and 'Career Leap: How to Reinvent and Liberate your Career'.

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

Through this passion and advocacy for new ways of working, Michelle has built a distinguished reputation as the keynote speaker, advisor and executive mentor of choice for leading edge corporates and global organisations.

She is a sought after media commentator featuring regularly in national publications and outlets across the country. Michelle has Undergraduate Degrees in Communications and Commerce, a Masters in International Trade. She is a graduate of the Australian Institute of Company Directors, a Chartered Manager, and a Fellow of Finsia and the Australian Institute of Managers and Leaders.



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