



EMBRACING CHANGE

PUSH HARDER THAN YESTERDAY,
IF YOU WANT A BETTER TOMORROW.



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MODULE

01 WHY CHANGE

- Introduction to change
- Types of Changes
- Why change is important
- What brought you here will not get you there

02 RESIST TO CHANGE

- Why people resist change
- Impact if you don't change
- Fixed Vs. Learning mindset
- Benefits and losses of resisting change

03 BUILDING RESILIENCY

- What is resiliency?
- Why it is important?
- Five easy steps for leaders and individuals

04 IDENTIFYING WIIFM

- What's in it for me?
- Building support system of WIIFM
- Align personal WIIFM with Organization's WIIFM

05 THE 4 STEPS

- 4 steps for quitting bad habits
- 4 steps for creating new good habits
- Practice - Practice - Practice

06 GOAL SETTING

- What would you like to achieve
- What are the methods
- Is it inside your control zone, influence zone or concern zone
- Tackle the low hanging fruits



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