

## MANAGING CHANGE: THRIVING IN CHALLENGING TIMES

PM08.48

We live in challenging times. This workshop provides the foundation for managing change as an individual and as a change agent in the context of teams and organizations. It combines a systems and process oriented view with principles of open-minded mindfulness, Zen thinking and the art of organizational change management to give participants the edge they need to excel.

As project managers we often implement and manage change. In these challenging times we are also managing our own changes and challenges, like having to do more with less and operate in the midst of organizational uncertainties. No matter what is happening around us, we want to bring projects to healthy, successful conclusions. We need to manage organizational change and manage ourselves in change.

### PREREQUISITES

- None

### LEARNING OBJECTIVES

At the end of this class, participants should be able to:

- Apply a technique in daily life that improves mindfulness and concentration and moderates the effects of change
- Work in change situations using a structured model combined with the awareness that uncertainty is the only certainty
- Apply a technique to manage personal responses to change and uncertainty in order to optimize performance

### WHO SHOULD ATTEND

- Managers and staff who act as change agents or are involved in the implementation or response to change will gain from attending
- Groups of people working together to perform projects or provide services

### COURSE OUTLINE

- Goal, vision and foundation concepts
- What is Change Management and why manage it; intentional and unintentional change
- Managing your individual change response
- Managing team and organizational Change
- Taking it home

### CLASS LENGTH

- One day (8 PDUs) **OR**
- Two days (16 PDUs)