



# Change Awareness

## Details

**Duration:** 1 Day

## Region & Date

**Dublin:** March 13, 2020

**Dublin:** Oct 2, 2020

## Time:

9.30 am– 5.00 pm

## Cost:

Ibec member: €385

Non-member rate: €425

## Contact:

For further information, please contact

Raquel de la Pena  
(01) 605 1667 or at  
[training@ibec.ie](mailto:training@ibec.ie)

## Programme Overview

The purpose of this programme is to raise awareness of the reasons for change, the process of change and the importance of communications in change initiatives.

## Programme Outcomes

- What is change and why it happens
- Understanding and dealing with change
- Resistance to change
- Models in understanding change
- Communication skills and change
- Tools and tips to help us deal with change
- Communication style
- Growth mind-set
- Emotional intelligence
- How can you contribute to the change?

## Content

1. What is change and why it happens
  - Change management
  - Organisational change
  - Types of organisational change
  - Drivers of change
  - Benefits of change
2. Understanding and dealing with change
  - Human response to change
  - Resistance to change
  - Models in understanding change
  - Change champions/characteristics
3. Communication skills and change
  - Communication and change
  - Great communicators
  - Self-awareness
  - Foundations of communicating skills and influencing