Coping with Change (COPE 100)

Who moved my cheese? Are your employees afraid of change? Are they resistant to new ideas, new policies, or new procedures? Coping with Change offers your staff, department, or organization some tools to accepting and embracing changes.

BENEFITS TO YOUR ORGANIZATION
• Better prepared staff
• Become aware of what the importance of change has on human relations
• View change as a positive and an opportunity to grow

COURSE OBJECTIVES
• Who Moved My Cheese? Understand why change is necessary
• Personal strategies for change management: Do you fight? Flee? Or Flow
• What is my emotional response meter? How do I put change into perspective
• What advice can Dale Carnegie offer
• How do I change what I can change and accept what I cannot
• Does anger really help my “cause”

TRAINING DESCRIPTION
This workshop incorporates some of the concepts first introduced in the popular book *Who Moved My Cheese* by Dr. Spencer Johnson, and adds some change-management advice from the legendary Dale Carnegie. The workshop is interactive and seeks to engage participants in identifying their personal fears that make us hesitant and sometimes resistant to change. The workshop then introduces participants to personal tools to avoid that “knee-jerk” reaction to organizational change.

HOURS AND COST
Your Coping with Change workshop includes 4 contact hours for up to 20 employees. 0.4 IACET Approved CEUs will be awarded with successful completion of the workshop. Pricing includes training administration, instruction, participant text, and an activity evaluation at the conclusion of training.

Suggested Retail Price: $599
(Additional participants may be available at an additional cost)

For additional information or to order this course, please contact your account manager.