

Managing Self Through Change

Conquering periods of change through a greater understanding of self & others

The Jaffe Scott framework provides crucial insights on how we can manage ourselves through change successfully by understanding how change affects us and looking at strategies to pave a way forward.

Organisations and individuals need to have a common change language and an increased level of awareness of where they and others currently are. In this highly engaging session, we work through the stages of change by exploring the “Change House” – Scott and Jaffe’s model of how people respond to change.

Delivery Mode

- Our virtual sessions are live, experiential, kinesthetic, facilitated sessions.
- We use ZOOM to deliver the sessions
- Watch this short video on what to bring: <https://vimeo.com/399774449>

Who will love this?
Individuals wanting to learn different strategies to move forward and work through change

Outcomes:

- Understand how change impacts us differently as individuals
- Learn a way to identify and navigate differing responses to change for yourself & others
- Explore different strategies to move forward, working through our responses to change
- Build empathy toward others through understanding of responses to all of the changes taking place

Click <https://vimeo.com/404500753> to see what participants are saying about our virtual sessions

Payment

- We require full payment upfront prior to attending the virtual workshop.
- Bookings are made via Eventbrite.
- For groups of 10 or more please contact: angels@phuel.com.au

