



## **Workshop Abstract**

### **Session: Navigating Change**

Change is constant and is happening at an increasing rate. Those who know how to adapt to changes in their business and their industry will highly outperform those who stay in their comfort zone. The goal of this workshop is to equip participants with the insights and skills necessary de-stress, recharge and focus when making significant changes in their business.

#### **Our Workshop**

In this interactive session participants will:

- ✓ Explore the role of skepticism in times of change and learn how to avoid the 3 traps that turn skeptics into pessimists
- ✓ Identify the different psychological stages individuals go through during change and how to navigate them effectively
- ✓ Identify and problem-solve specific blocks that even top performers can experience in change
- ✓ Practice a tool for increasing decisiveness and focus
- ✓ Learn specific strategies for reducing stress and recharging during difficult times
- ✓ Practice tactics to find opportunities while making changes to their business

#### **Contact information**

For further information on these sessions feel free to contact us at Advantage Coaching & Training, Inc., 480 East Roosevelt Rd; Suite 105, West Chicago, IL, 60185; phone: (630) 293-0210 x 102; email: [info@advantagecoaching.com](mailto:info@advantagecoaching.com).