

INDIVIDUAL TRANSITION IN ORGANIZATIONS

Overview

Individual Transition in Organizations assists **individual employees** whose roles, careers, and lives are being impacted by change. This program will teach participants how to handle the transitions caused by change with less disruption and distress in their lives and work, manage endings successfully, deal more effectively with constant change and re-think their work lives to make them less vulnerable to workplace changes.

Benefits & outcomes

- Describe the critical difference between change and transition
- Manage endings more successfully
- Move through the neutral zone and capitalize on the creativity of that time
- Cope more effectively with the impact of constant change
- Develop an action plan for managing a current transition more successfully

Program Curriculum

Module 1: Change versus Transition

- Four Corners
- Change versus Transition
- The Difference between Change and Transition
- Three Phases of Transition
- What Transition Feels Like
- Transition Map
- Lessons Learned

Module 2: Changes in Your Life

- Changes in Today's Organization
- Problems and Opportunities
- Changes in Your World
- Personal Impact of Change
- Healthy Actions I am taking to Deal with Change
- Lessons Learned

Module 3: Managing One Change

- Managing one significant change
- Identifying Losses
- Personal loss analysis
- Alternatives to Loss
- Strategies to Managing Endings
- Getting through the Neutral Zone
- CUSP Strategies
- Strategies for Creativity and Learning
- True New Beginnings
- Strategies for New Beginnings
- Lessons Learned

Module 4: Action Plan and Resources

- Action Plan for my Current Transition
- Managing Endings
- Making the Most of the Neutral Zone
- Enabling New Beginnings
- Seven Principles for Dealing with Transition
- Dealing with Constant Change
- Transition Map
- Strategies for Maintaining Resilience
- Transition and Growth
- Additional Resources

Linkage Training Programs are approved by the following organizations

