

COURSE OUTLINES

Module 1:

Introduction To Change Adaptation

Module 2:

Basics of Change Management

Module 3:

The Art Of Sailing In Choppy Waters

Module 4:

**Emotional Management Toolbox For
Change Adapters**

Module 5:

How You Can Be A Positive Change Agent

Module 6:

The language of positive Change Agents

Module 7:

Leading A Team Through Changes

OBJECTIVES

Appreciate why change is a good thing for today's businesses

Understand the typical issues that employees contend with in the face of constant change

Learn basic adaptation skills you can use at the workplace as well as outside the workplace

Use emotion management principles and techniques to more easily deal with change

Learn how to be a positive Change Agent for those around you

Use leadership principles to help others adapt to change even if you don't have formal authority



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MANAGEMENT COURSE

SAILING THE SEAS OF CHANGE: A PRACTICAL GUIDE FOR THE MODERN WORKPLACE

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CONTACT US

Phone no: 03-5621 3630 ext 517

Email: norasikin.j@comfori.com

Blog: comfori2u.blogspot.my