

Modules:-

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

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

COMFORI SDN BHD

Objectives

- Understand the typical issues that employees contend with in the face of constant change
- Learn basic adaptation skills you can use at the workplace and outside
- Use emotion management principles and techniques to more easily deal with change
- Use leadership principles to help others adapt to change even if you don't have formal authority

Traditional workplace culture, which is often rooted in hierarchy, an authoritative communication style and strict policies (e.g., set working hours, formal dress code, inflexible work arrangements), is being replaced with a new, modern workplace culture. Modern workplace cultures engage employees in open dialogue, inspire them to think creatively, trust them to manage their work schedules with autonomy and empower them to collaborate to reach business decisions.