Enterprise Computing Solutions - Education Services

TRAINING OFFERING

Du kan nå oss här

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Introduction to individual's resilience and change capabilities

CODE:	LENGTH:	PRICE:
TPL_IIRCC	8 Hours (1 day)	kr10,000.00

Description

Change is part of everyday life in tech - new tools, shifting priorities, constant development. It can be exciting, but let's be honest: it can also wear you out. Even if you want to be that positive person who always keeps learning, it's hard to do that when your energy is low. When resilience runs out, resistance to change kicks in.
From an organization's point of view, this matters. The ability to adapt, stay well, and keep learning might be what separates you from your competitors. These skills also have a significant impact on e.g. how fast people can learn to use new tools and adapt to new strategies.
This down-to-earth training gives you a practical toolkit for staying grounded, balancing energy and handling change without burning out. These skills will also enable you to take more active role in driving change. No theory dump - just relatable examples, open discussion, and concrete tools you can start using right away.

Audience

This training is suitable for all roles.

Prerequisites

No previous training or knowledge on the topic is required.

Programme

Agenda

- Understanding resilience and change capabilities, individual and organisational perspective
- Personal well-being in change
- Self-leadership in change
- Planning for change
- Emotional intelligence and communication skills as tools in change
- Avoiding risks and pitfalls in change
- Recovery and balancing methods

All topics are supported by theory, yet approached from practical angle, including simple tools and exercises, and interactive discussions.

Session Dates

På begäran, kontakta oss

Ytterligare information

Denna utbildning finns också som utbildning på plats. Kontakta oss för mer information.