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Duration: 1 Day

### Course Overview and Objectives

Managers traditionally have had the task of contributing to the effectiveness of their organisation while maintaining high morale.

Today, these roles often have to be balanced with the reality of implementing changes imposed by senior management.

Managers who have an understanding of the dynamics of change are better equipped to analyse the factors at play in their own circumstances, and to adopt practical strategies to deal with resistance.

This one-day workshop will help you deal with change and will give you strategies to bring back to your employees.

## Change Management for Managers and Supervisors

Module 1: What is Change?

Module 2: The Change Cycle

Module 3: The Human Reaction to Change

Module 4: The Pace of Change

Module 5: The Pyramid Response to Change

Module 6: A Four Room Apartment

Module 7: Dealing with Resistance

Module 8: Adapting to Change

Module 9: Strategies for Dealing with Change

Module 10: Managing Anger

Module 11: Managing Stress

SAQA US ID: 115407 - Apply the principles of change management in the workplace