

Developing Skills and Abilities in Times of Change



PRODUCT OVERVIEW

Adapting to Change Online

We are all exposed to an endless series of changes at work and in our personal lives. On our best days, we are open to change and ready to master it, but frequently changes push us far out of our comfort zones, causing us to become defensive, closed-minded, and afraid.

For individuals across organizations to better respond to change, and even embrace it, they must learn how to navigate through the change. Blanchard's Adapting to Change Online Overview helps individuals learn and practice mindfully marshaling their curiosity, courage, and resilience to adapt to change.

Adapting to Change starts by teaching the fundamental skill of Mindfulness. Once someone can sense their physical and emotional responses to change, they can use simple skills to pause and move forward intentionally. And they can learn to tell themselves a different story about their ability to move toward change. With that foundation in place, the online course teaches learners three more mindsets: Curiosity, Courage, and Resilience.

Taught together, these mindsets and skillsets can help anyone be more agile, more adaptive, and ready to make the most of change.

CREATE A CHANGE ADAPTIVE CULTURE AND



Increase
organizational agility



Replace change-
averse reactions
with openness and
flexibility



Increase opportunities
to change and grow



Improve effectiveness
of organizational
changes

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Adapting to Change Mindsets



WHO IS ADAPTING TO CHANGE DESIGNED FOR?

Anyone going through change

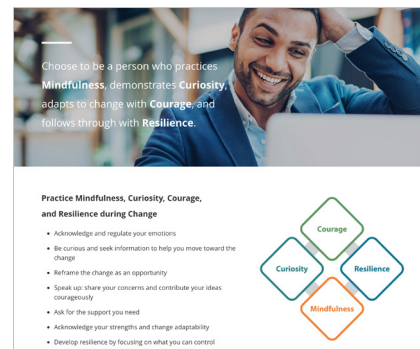
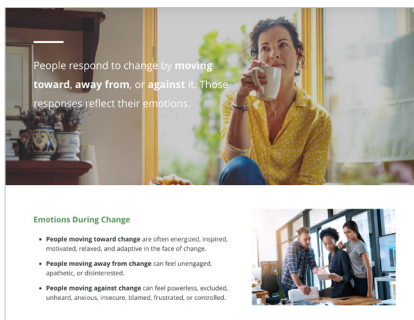
Anyone who wants to be more agile, open, and adaptive to change

A PROVEN FORMULA TO HELP YOUR PEOPLE ADAPT TO CHANGE

Adapting to Change Online Overview is a 35-minute course that includes assignments, engaging participant materials, videos, learning activities, and knowledge checks.

Key topics:

- **Mindfulness** – How to recognize emotional and physical reactions to change, and reframe them in the moment to better leverage change
- **Curiosity** – How to seek information about a change to better understand it and reduce the fear of the unknown, and look for opportunities enabled by the change
- **Courage** – How to speak up and share ideas and concerns, and ask for the support you need to navigate the change
- **Resilience** – How to acknowledge your strengths and past successes dealing with change, and focus your energy on just those things you can control



After the course, participants can access tools that help turn what they've learned into workplace behaviors. The course is available for reinforcement for a full year through their learning portal.

Give your people the chance to thrive during change. Provide them with the skills to practice mindfulness, demonstrate curiosity, adapt to change with courage, and follow through with resilience.

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