

I Didn't Sign On For This!

Dealing With Constant Change In the Workplace

Won't it stop?! Today's increasing pace of change can create a personal and work life that mirrors the experience of standing on the baseline at a tennis court and having your opponent fire balls from a tennis cannon at you. This type of change seems constant; before you can assimilate one change another comes along. The phenomenon has become known as "Repetitive Change Syndrome (RCS)."

Moving through change, and especially leading in times of change, takes time and energy; it's extremely stressful. In "**I Didn't Sign On For This! Dealing With Constant Change In the Workplace,**" you will learn:

- How to recognize the change effects on you and the organization
- Why we resist change and how to lower resistance
- How to more easily embrace and work within the change
- How to use practical time and management strategies to better deal with the stress of change.
- How to move on to the new reality

The managers and professionals who have attended the program have repeatedly rated "**I Didn't Sign On For This! Dealing With Constant Change In the Workplace,**" as excellent and highly recommend it for their colleagues.

The style of presentation is highly interactive, lighthearted and fast-paced. Attendees often comment that they had a lot of "Aha!" moments and frequently say, "I needed this right now in my life...and for more than just work."

Change isn't going to slow down; if anything, it's going to speed up. Accepting and addressing change isn't complicated it's just hard; this program makes it simpler.

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