

Accessing Your Personal Power During Change

When faced with massive change it is not unusual to experience feelings of powerlessness and overwhelm, hold fear of the future, and find yourself on an emotional roller-coaster. It's also natural to feel resistance to what is happening to you. All of these can create fog that impairs your ability to maintain your direction and cope effectively with what is happening. Yet you also want to perform competently, cope adequately, and present yourself to others in the best possible light.

Fog

a metaphor for the loss of clarity that comes with chaos, confusion and uncertainty in our lives.

This workshop addresses how to bring forward and maintain your sense of self and personal power when confronted with change and other destabilising factors. It identifies fear-based reactions (fight, flight, freeze, fabricate), and how to shift these to power-based/love-based responses (assert, act, attend, authenticate) that will provide longer-term benefits to you and those you associate with, your choices being more conscious, purposeful and productive choices, behaviours and actions.

Course Benefits

By taking this workshop you will be able to:

Who Would Benefit from Attending?

Anyone who wants to respond to change with increased confidence and emotional stability, and consciously create better long-term results.

Course Outline

The Fog of Change

- What is fog?
- Sources of fog
- Change as a creator of fog
- Four threat reactions
- Four power-based responses

Personal Application

Using individual and group activities, you will explore how you react to change, and experience and practice approaches that strengthen your effectiveness amidst change.

Duration

1 day

- recognise when you are being affected by the fog of change that reduces your clarity and impairs your performance
- increase your awareness of when you tend to react to situations
- develop an awareness of power-based responses and how to start using them
- learn and practice, in a safe environment, strategies for dealing with change.

