



TRAINING SESSIONS

**PURSUIT**  
PEOPLE SOLUTIONS

**LUNCH & LEARN**

## Handling Change

### COURSE OBJECTIVE

For participants to develop a sense of being in control as they transition through change. This session is about understanding and developing more resilience to change.

### COURSE CONTENT

- Human nature and change.
- Responding to change.
- Journey through change – 4 phases.
- Forces of change.
- Resistance to change.
- Building resilience.
- Wrap up and Evaluation sheets.

### WHO SHOULD ATTEND? Anyone who would like to:

- Feel more in control while transitioning through change.
- Have an understanding of the different phases of change and where they're currently at.
- Build more resilience in their approach to life.

### COURSE RATIONALE

This session is linked to the current changes in your organisation and explores simple ways to address them.

**CALL TODAY**  
**08 8104 0707**

website  
[www.pursuitpeoplesolutions.com.au](http://www.pursuitpeoplesolutions.com.au)

email  
[linda@pursuitrecruitment.com](mailto:linda@pursuitrecruitment.com)