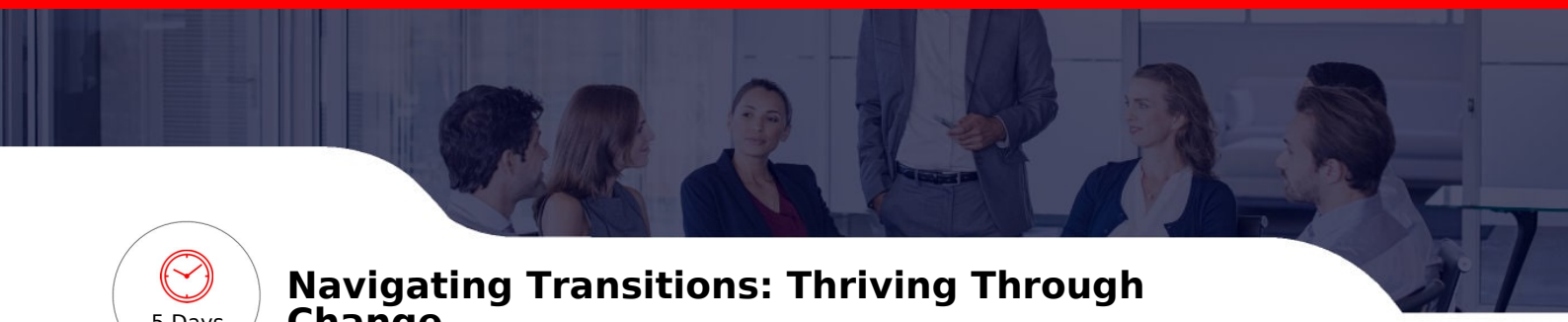


5 Days

Navigating Transitions: Thriving Through Change

Upcoming Sessions

20-24 May 2024	London - UK	$5,950
29 Jul-02 Aug 2024	Dubai - UAE	$5,950
28 Oct-01 Nov 2024	London - UK	$5,950

Training Details

Training Course Overview

The Navigating Transitions course is a 5-day training program designed to equip participants with the knowledge and skills to navigate transitions and thrive amidst change. This course recognizes that change is an inevitable part of life and aims to provide practical tools and strategies to effectively adapt and flourish during periods of transition. By fostering resilience, embracing opportunities, and developing a growth mindset, participants will be prepared to navigate transitions successfully and embrace new possibilities.

Training Course Objectives

By the end of this training course, participants will be able to:

- Understand the nature and impact of transitions and change
- Develop resilience and adaptability to effectively navigate transitions
- Identify personal strengths and resources to support transitions
- Cultivate a growth mindset to embrace change as an opportunity for growth
- Learn practical strategies for managing emotions and stress during transitions
- Develop skills to set and achieve goals amidst change

Designed for

This training course is suitable to a wide range of professionals but will greatly benefit:

- Professionals facing career changes, such as job promotions, relocations, or career shifts
- Individuals experiencing life transitions, such as marriage, parenthood, retirement, or personal growth
- Managers and leaders responsible for guiding their teams through organizational changes
- Anyone seeking to develop resilience and adaptability to thrive amidst change

Learning Methods

This Anderson training course will utilise a variety of proven adult learning techniques to ensure maximum understanding, comprehension and retention of the information presented. This will include an interactive mixture of lecture-led learning & group discussions.

Training Details

Day One: Understanding Transitions and Change

- Exploring the nature and impact of transitions in personal and professional life
- Recognizing common reactions to change and transitions
- Building awareness of the opportunities and challenges that come with change

Day Two: Building Resilience for Transitions

- Understanding the concept of resilience and its role in navigating transitions
- Developing resilience skills and strategies to bounce back from setbacks
- Cultivating a positive mindset and building self-confidence during transitions

Day Three: Identifying Strengths and Resources

- Recognizing personal strengths and resources that can support transitions
- Leveraging strengths to navigate challenges and seize opportunities
- Building a support network to provide guidance and assistance during transitions

Day Four: Embracing Change and Growth Mindset

- Cultivating a growth mindset to embrace change as an opportunity for growth
- Overcoming resistance to change and reframing challenges as learning experiences
- Developing strategies to foster a mindset of continuous learning and personal development

Day Five: Goal Setting and Action Planning for Transitions

- Setting SMART goals to guide and motivate progress during transitions
- Developing action plans to achieve goals amidst change and uncertainty
- Strategies for maintaining focus, motivation, and accountability during transitions

The Certificate

Anderson Certificate of Completion will be provided to delegates who attend and complete the course

INFO & IN-HOUSE SOLUTION

For more information about this course, call or email us at:

Call us: +971 4 365 8363

Email: info@anderson.ae

Request for a Tailor-made training and educational experience for your organization now:

Email: inhouse@anderson.ae

Anderson
Executive Development Centre

P.O Box 74589, Dubai, United Arab Emirates
Web: www.anderson.ae
Email: info@anderson.ae
Phone: +971 4 365 8363
Fax: +971 4 360 4759

©2024. Material published by Anderson shown here is copyrighted.
All rights reserved. Any unauthorized copying, distribution, use, dissemination, downloading, storing (in any medium), transmission, reproduction or reliance in whole or any part of this course outline is prohibited and will constitute an infringement of copyright.