


# Change Readiness

A blue geometric graphic consisting of several overlapping triangles and polygons, creating a modern, abstract design.

The Change Readiness is a four (4) day workshop series. Participants will be engaged in learning to progressively build upon concepts related to change readiness applicable to both personal life and in preparing to enter the workplace.

## Change Readiness Workshop Series

### Includes:

- Define change.
- Identify the benefits of change.
- Understand the 5 Building Blocks of change.
- Recognize the connection between emotions with change and how they relate to internal & external factors.
- Evaluate personal change readiness through self-awareness.
- Apply change readiness methods to life, learning, or work.

Develop the skills to learn and grow continuously, as well as the skills to be prepared for change in all aspects of life.



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### Workshop Sessions:

*Session 1 – What is Change*

*Session 2 – Resilience*

*Session 3 – Strategies*

*Session 4 – Mastery & Maintenance*

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**Change is inevitable.**

**The pace of change is unreliable.**

**The impact of change is unpredictable.**

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**Dates: February 24 – 26 &  
March 18, 2025**

**To Register Contact:  
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204-326-2123**