

Change Management - Seeing and using change as an opportunity



Content and goals

Change is a part of life. It is a prerequisite for further personal development and self-realization. Nevertheless, it is not always easy to deal with new, unpredictable situations. They can make people very insecure and place strain upon them.

Yet we can learn how to deal better with change and to go about our lives in a constructive and healthy way, even during times of upheaval.

Topics

- Why change is necessary for our survival, why attitude alone does not determine successful adaptation, and which mental strengths support us in this process.
- What provides support during times of upheaval, and which concrete steps and easy-to-learn techniques help us stabilize and see change as an opportunity rather than a threat.
- Key prerequisites and competencies for maintaining adaptability, and how Lyra can help participants better accept and integrate change for their own and others' benefit.

Trainer

Our trainers are specialists in occupational health management or psychologists with many years of professional experience as occupational and organizational psychologists.

Duration

Lunch Session	1 h: Theory
Workshop	2 h: Theory and practice
Training	4 h: Theory, practice and experience

Target audience

Executives/management, employees, trainees

