

WORKSHOP

RESILIENCE AND CHANGE MANAGEMENT

It doesn't matter what you do or where
you work:
the scale and pace of change you and
your teams are dealing with is
exhausting.

So often, organisations implement
change without considering the human
dynamics that could lead to failure. The
ability to lead through change, to
manage its impacts as well as its
operations, is assumed.

This half-day workshop fills the gap
between your best intentions and your
genuine ability to live through and lead
through big organisational change.

It addresses the skills and attributes you
need to lead through uncertainty,
covering topics such as
resilience-building,
dealing with ambiguity, and
communication strategies that inspire
and motivate individuals and teams
while providing psychological safety.

Explore how to manage stress, adapt to
new situations, and lead organisational
change initiatives effectively, without
burning yourself or your teams out.



HALF-DAY, LASTING IMPACT

- What resilience really looks like, and the red flags to watch for in yourself and your teams during change
- Three key strategies that underpin success in any change initiative
- Navigating change fatigue and change resistance (in yourself as well as your teams)
- Hauling a failing change program back onto the rails
- Advocating for the organisational support you and your teams need to ensure the success of big change programs

CONTACT



+61 409 265 161



support@womenleadingwomen.com.au



www.linkedin.com/in/karynbrinkley/