

Managing Change in Practice

Adapting to the Impact of Change and Moving Ahead Positively



Change can be stressful at the best of times. The need to understand and manage the impact of change is a core skill in a modern-day medical practice. Sometimes the impact of change, particularly change we didn't ask for, can cause us to get stuck or we struggle with letting go of how things used to be. This can bring in a sense of loss and we may find it difficult to keep up the same enthusiasm and sense of positive expectation we used to have about our role.

CAL's 'Managing Change in Practice' 3-hour corporate training program helps participants to find fresh ways to cope with the impact of change, walk away from disillusionment and disappointment and start to charter a path of motivation again.

This workshop is relevant for anyone who is about to go through or is having to deal with recent change in their practice. It explores the core psychology drivers that help to find new ways to adjust and plan for a more positive future and harmonious practice team through the daily routines and get the job done.

Who is it for?

- Anyone looking for ways to increase their performance and navigate modern-day work pressures while reducing stress and time-sabotaging practices,
- Those looking for new and fresh ideas to increase their personal performance,
- Suitable for people at all levels of an organisation.



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Key Learning Outcomes

- ✓ Understand how change impacts you
- ✓ Identify your personal control thresholds
- ✓ Understand coping mechanisms and using them in a healthy way
- ✓ Differentiate between positive and negative stressors
- ✓ Recognise and manage the perceived fallout of negative change
- ✓ Anticipate struggle points and influence positive outcomes
- ✓ Understand how to let go of past disappointments
- ✓ Break away from destructive thought patterns
- ✓ Identify fresh points of motivation for moving forward
- ✓ Self-assess where you are in the change cycle