

ADAPTIVE CHANGE WORKSHOP

ADAPTIVE CHANGE BREAK THROUGH LIMITATIONS

- » *Big goals*
- » *Challenge assumptions*
- » *Make it stick*



CHANGE IS A JOURNEY ... IT HAPPENS INCREMENTALLY OVER TIME

The challenge of personal change is breaking through limitations that often run deep in our psychological immune system. People find it hard to change and often revert to old habits. This is because of our underlying adherence to the status quo, to what we know and what feels safe.

Based on the work of Robert Kegan and Lisa Lahey's *Immunity to Change*, this 2-hour workshop will enable you, either as individuals and/or as a team, to make progress with important but persistently resistant leadership development goals.

IN THIS WORKSHOP YOU WILL:

- Identify behaviours that are getting in the way of your development goals.
- Address what beliefs and assumptions are blocking you from the changes you want to make.
- Work on those limiting assumptions to unlock your potential and help you succeed in making long lasting changes.

Virtual or Face-to-face delivery
No minimum or maximum number of participants

Email | angela@michellesales.com.au

michelle sales