



e-learning

# Building change competency

You know how it is. A new process was introduced yesterday and over the next few weeks you're supposed to think about the new team structure. And next month you will all have to work with the new tool. Can you keep up?

The world is spinning faster and faster. One change follows on the heels of the next. This seems to have become part of life these days. So we can't escape the fact that we have to find constructive ways of dealing with change. This e-learning course will provide many valuable ideas for confidently keeping up with the changes around you. You will learn how to draw out the positive aspects of change and adjust your mindset in order to identify the personal growth opportunities in transformations.

Instead of reacting to external events, you will assume responsibility and begin to take a proactive approach. At the same time, you will develop an awareness of the constantly changing circumstances and potential challenges and get some ideas and tools to help you to face them with greater ease. From now on, you will shape changes in a self-determined, constructive and sustainable way.

Booking Number: **34035**

Group of participants:  
Professionals and managers from all sectors who want to practise a new mindset that strengthens their own ability to learn and willingness to change in order to be even better equipped for changes and challenges in their everyday working lives.

Duration: **approx. 1,5 hours**

Language:  

Unit price:

€ 49,- zzgl. MwSt. | € 58,31 inkl. MwSt.

Package prices from 50 licenses on request

## Learning objectives

- ✓ You will be able to reflect on your readiness for change.
- ✓ You will be able to understand the reasons for resistance to change.
- ✓ You will be able to embrace change as an integral part of life.
- ✓ You will be aware of your strengths and abilities that can help you with change.
- ✓ You will be able to understand the role of emotions in change.
- ✓ You will know how to establish permanent change.

## Contents

- What will I learn in this e-learning course?
- Why do we sometimes find change so difficult?
- What role does acceptance play in change?
- How can my state of mind facilitate change?
- The desire for change-is there such a thing?
- How can change be achieved step by step?
- What will I learn on this e-learning course?



**Information on the web**

[www.haufe-akademie.de/34035](http://www.haufe-akademie.de/34035)



**Let us advise you**

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