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Learning Style: Virtual Classroom

Technology:

Difficulty: Beginner

Course Duration: 1 Day

Next Course Date: **November 19, 2025**

Building Resilience to Change



About The Course:

This one-day course will help you navigate changes in your professional and personal life. Learn about the personal transition process and how to build resilience and agency to the challenges change presents. Understand the

underlying reasons for your responses to change and learn key tips to help you overcome resistance, and how to sustain your resiliency to change.

Private classes on this topic are available. We can address your organization's issues, time constraints, and save you money, too. Contact us to find out how.

This course has been approved for 7 PDUs | 7 CDUs

Course Objectives:

- Build your capacity to effectively navigate a change
- Understand the personal change transition model from Virginia Satir
- Practice using various techniques to build your change resiliency and agency
- Effectively address your change resistance
- Determine key activities needed to sustain your resiliency
- Create a personal change resilience plan

Audience:

- This course is intended for anyone who wants to understand the personal change process and learn how to be more resilient in coping with change. It will help you understand the underlying reasons for your responses to change, how to overcome resistance, and how to sustain your resilience for future changes.

Prerequisites:

- None

Course Outline:

Welcome

- Introductions

- Course goals, objectives & agenda
- Logistics

Change and the Personal Transition Process

- A changing environment
- “Things” we are asked to change
- Assessing how we feel about change
- Personal transition process
- Speed of change

Building Your Resilience to Change

- A VUCA world
- Resilience and the personal change process
- Resilience overview
- Resilience inventory
- 4 types of resilience
- 9 ways to improve your resilience
- Understand the “why” of change
- Gain context about the change
- Mitigate your stress
- Change your perspective
- Embrace change agency
- Connect with others
- Manage your emotions
- Ensure self-care
- Celebrate progress

Overcoming Your Resistance to Change

- Resistance and the personal transition processes
- What is resistance
- 3- levels of resistance
- Common reasons why people resist change
- Steps to overcoming resistance
- 1. Dissatisfaction
- 2. Vision
- 3. Next Steps
- Final Tips

Sustaining Your Resilience to Change

- How to sustain your resilience