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**SAILING THE SEAS OF  
CHANGE: A  
PRACTICAL GUIDE  
FOR THE MODERN  
WORKPLACE**

# Sailing The Seas Of Change: A Practical Guide For The Modern Workplace

This two-day workshop is practical and activity based. It provides the necessary knowledge and practical skills participants can immediately apply on a daily basis in their efforts to adapt to changes at their workplace as well as help others do so.

## MODULE OUTLINE

Module 1: Introduction To Change Adaptation

Module 2: Basics of Change Management

Module 3: The Art Of Sailing In Choppy Waters

Module 4: Emotional Management Toolbox For Change Adapters

Module 5: How You Can Be A Positive Change Agent

Module 6: The language of positive Change Agents

Module 7: Leading A Team Through Changes

## WHO SHOULD ATTEND

The program is designed for teams from non-executive levels to the management level. It is especially suited for employees who face constant changes in their business environment and want to better cope and thrive in it.