



A Survival Guide to

THE
STRESS OF
ORGANIZATIONAL
CHANGE

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Survival Training for the Stress of Organizational Change

Change always stresses the organization, and that stress carries a big price tag. You keep paying people full salary, but essentially end up with part-time employees because they're distracted, less productive, and generally weaker performers. Since we can't stop change, it's very important for the workforce to learn how to handle it more effectively.

This inspiring and thought-provoking program reveals how people's common reactions to change typically increase their stress level instead of reducing it. Participants learn how to reframe the situation, how to avoid the "15 basic mistakes," plus how to manage their emotions for the good of both themselves and the organization.

Agenda

Module 1: Diagnostic Tool Kit

Module 2: Instant Alignment

Module 3: Plug Into Your Job

Module 4: Survival Plan

Module 5: Survival Guide Prescriptions

Key Objectives

- Improve operating effectiveness
- Harness the energy from pressure in order to drive productivity
- Remain focused on business in stressful situations

Topics Addressed

- "Basic mistakes" that increase stress levels
- How to align with the organization's business reason for change
- Developing a stress survival plan to reduce the stress you create for yourself

Primary Result

Participants learn how they often cause their own stress unnecessarily, plus receive guidelines on how to reduce stress while increasing their productivity and overall quality of work life.