

## **WHO MOVED MY CHEESE?**

This course will help participants develop and apply change management skills to successfully navigate through the various changes in their professional and personal lives. The course is based on motivational book titled Who Moved My Cheese? An Amazing Way to Deal with Change in Your Work and in Your Life, by Spencer Johnson. This is a facilitated course rather than a presentation and relies on group interaction to help participants get the most out of the training.

### **Key focus**

1. Define change
2. Discuss ways to accept change
3. Discuss how to anticipate change
4. Explain reasons why people resist changes
5. Explain how to recognize change
6. Discuss methods to achieve change
7. Demonstrate how to lead and manage change

### **Who will benefit**

This program is suitable for all staffs in an organization.

**Take The Next Step**

## Day one

### Module 1 : Who Moved My Cheese? : An overview of Change

- Introduction
- Video presentation “ Who Moved My Cheese? “
- Group Discussion

0900-1030

*Morning tea break*

1030-1045

### Module 2 : Preparing for Change

- Explaining change as a concept
- Discussing right and wrong concepts about change
- Explaining reasons why people resist to change

1045-1300

### Module 3 : Gaining Change Skills

- Where you stand and your ability to cope in the face of change
- What skills you need to cope with change
- Identifying and dealing with people according to their style in dealing with change

*Lunch*

1300-1400

### Module 4 : Achieving Change

- Demonstrating the change model
- Practice setting vision and objectives
- Convincing others of the importance of changing
- Identifying stakeholders and their influence on the change facing the organization

1400-1530

*Afternoon tea break*

1530-1545

- Communicating and presenting change projects
- Dealing with resistance to change
- Learning how to measure change effectiveness
- Q & A section

1545-1700

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