

Title: Leading Yourself Through Change

Production Company: LifePath

Reorder Information:

LifePath

www.ithappens.com

Length: 23 minutes

Synopsis:

Material Included:

- DVD – *Leading Yourself Through Change* (23 minutes)
- Leader Guide (35 pages)
- Leader Presentation (PowerPoint for Mac and PC) with handouts
- 11 copies of the book, *When “It” Happens! @ Work: 5 Action Steps for Leading Yourself Through Change* (97 pages)

Everyone has experiences changes in their lives, at the workplace or at home. However, not everyone responds to change in the same manner, and sometimes, a change will create new and unpleasant attitudes. In the video, a company merger occurs, causes numerous changes for one of its employees – a new job assignment, a tougher box, and a longer commute to work. As a result, she becomes sarcastic to her coworkers, causing them to keep distant from her, and she becomes angry at home. Her work and home life are both suffering from her new attitudes. However, she realizes taking the five Action Steps will help to make her change-resilient. The 5 Action Steps are:

1. **Become Aware, Then Share** - overcome the negative feelings that come with change
2. **Aim to Reframe** - reframe unproductive thoughts and beliefs
3. **Plan It Through, Then Do and Do** - unfreeze and try new behaviors
4. **Find Encouragement, Avoid Discouragement** - arrange encouraging consequences to keep themselves motivated
5. **Change my Effect** - discover the impact they have on others

LifePath was founded by Julie M. Smith, Ph.D. with the purpose of providing individuals with the necessary tools to face change in their lives with courage and confidence. This collection can be made into a 1-hour video workshop or a 3-hour action planning workshop, and is beneficial for all employees, from the front-line to senior managers. After the workshop, participants should be able to:

1. Recognize when they are resisting a change
2. Two action steps to overcome their own resistance
3. Recognize when they are receptive to a change but unable to turn their good intentions into action
4. Three action steps to create positive, sustainable behavior change

When you become Change-Resilient, you will be able to:

1. Handle any change, even a crisis
2. Move forward – get past fear, unlock, and open yourself to opportunities
3. Find the Treasures that are always hidden or unexpected in every change
4. Improve the overall quality of your life