

WEBINAR FACT SHEET FOR HR PROFESSIONALS / INDIVIDUALS

Managing Through Uncertainty Webinars

We are offering 90-minute webinars using Zoom - or your preferred platform - to help groups of up to 12 people through this period of change and uncertainty that the coronavirus pandemic is presenting.

The objectives of the webinar will be:

- To help individuals understand change and the emotional reactions that people can have during this time of change plus strategies and actions that are within people's influence to take.
- To understand how to choose an empowering/growth mindset that can help them .
- To understand and explore what they may need to 'let go' and 'let come' to achieve successful outcomes.
- To come up with an individual action plan that will prompt people to take action for themselves.

The webinar will be accompanied by a short workbook including 3 self-reflection exercises.

This webinar can be run for **any level** of employees. If the audience is mainly managers then the exercises can be tailored to consider themselves plus their people.

Benefits for individuals attending the webinar:

- Participants will understand how change works and will see 3 different models of change.
- Participants will have an opportunity to explore their personal feelings in relation to change.
- They will have an opportunity to hear others' experiences and appreciate there is no normal reaction during times of change.
- Participants will understand how to choose a growth mindset that will help them now and will become something they can rely on forever.
- Participants will think through what they need to let go of and what they need to embrace for a healthy and happy transition. This will include emotional and tangible elements.
- Participants will have the opportunity to come up with strategies and actions to help them practically move forward.

Practical details:

- We can run the webinar as a one-off, or we can run it three times on the same day for your organisation.
- If you have large numbers of people who would benefit, we would be happy to discuss an alternative design and approach to accommodate this.

Contact:

For more information please contact Madeline Longshaw on +44 (0)7771 990465