



VELERA
WILSON

Managing Change with Resilience Workshop

Audience: Individual Contributors, First time managers, Experienced leaders

Delivery: In Person or Virtual

Available: Two Hour, Quarter or Half Day Session

Change is inevitable - being able to navigate it successfully is a skill that, when learned, pays off tremendously.

The reality is that navigating change and uncertainty is a challenge many individuals, leaders, and teams face, especially when adjusting to organizational shifts, stepping into new roles, or launching initiatives.

This workshop equips participants with essential tools and strategies to build resilience, 'look for the big picture,' and focus on the long-term gain during change. Through interactive sessions, they will develop practical, effective change management strategies that help them navigate and lead through uncertain times - more skillfully and knowledgeable.

Equally important, participants will gain insights into managing stress, maintaining a positive outlook, and leveraging their personal experiences to boost resolve and adaptability. By the end of the workshop, they will be well-prepared to embrace change and navigate uncertainty while maintaining their well-being.

Learning Objectives:

- **Reflect on previous change scenarios** to identify patterns and strengths that can serve as proof, benchmarks, and leverage when facing new changes.
- **Leverage four strategies to navigate ambiguity and change** with greater clarity and focus that lead to high productivity.
- **Implement a three step approach to make sound decisions** during high-pressure periods.
- **Adopt stress management techniques** to maintain well-being -from time management, to prioritization, to wellness exercises.

Contact Velera Wilson for more information

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