Change Readiness with

Who Moved My Cheese
An Amazing Way to Deal With Change In Your Work and In Your Life

Duration: 1-day facilitated workshop

Structure:

Following the book, and supported by their own ‘Maze Guide’ this is a facilitated mind opening day.

Participants will follow and discuss the book, reflecting on their personal experiences, feelings and recognising different ways of dealing with and accepting change.

People develop awareness and strategies to cope with change, and learn to accept and adapt more quickly and willingly to the inevitability of change in their lives and work.

Learning Outcomes:

- Increased self-awareness
- Increased awareness of others, and human behaviour
- Increased change readiness
- Greater resilience and acceptance of change
- Define the common behavioural cycles of change

“Learn to laugh at yourself, and change your attitude to change”

Part 1: A Gathering

People reflect and discuss their opinions, experiences and behaviours they can recognise and relate to in a recounting of series of shared stories at a High School reunion.

- Why do we resist change?
- Fear and Change
- Changing your attitude
Part B: The Story Of Who Moved My Cheese?

Guided through the story, and engaged in facilitated discussion people observe the characters behaviours and reactions as they face the reality of change, and compare that to the emotions and cycles they have gone through, or seen colleagues display.

Getting comfortable – ignoring the reality change happens

- Recognising change is constant
- Identifying the hallmarks of impending change
- The tendency to ‘Deny’
- Creating and staying in your comfort zone

Shock and Rejection

- How dare they….
- It’s not for real
- It won’t last
- Let’s ignore it

Fear

- What happens now?
- What will happen to me?
- Is it all over?

Acceptance

- The imperative to change
- Moving on
- Embracing change
- Letting go of old beliefs
- Being inquisitive
- Visualising the alternate reality

Moving Forward

- Positive Affirmation
- Supporting each other
- Recognising change is often positive

Take Away: Each participant will receive:

- A Copy of Who Moved My Cheese
- Their own ‘Who Moved My Cheese Maze Guide’ for personal notes and reflections
- Access to a Supplementary Change Management eLearning Course
- And subscription to the pd training YouTube Channel, including around 100 videos on Change Management and dealing with Change.

Part C: Wrap up, reflection and lessons summarising, and individual change preparation.

- Why do we naturally resist
- How to embrace change
- Approaching change with a more positive and proactive attitude