



# Adapting to Management and Leadership Change



## Overview/Description:

Leadership changes can be stressful for employees, often leading to anxiety about the future of their roles, departmental dynamics, and potential changes in benefits and pay. As new managers and executives come in, employees may find themselves overwhelmed by uncertainties, which can result in overanalyzing situations. However, there are effective strategies to navigate these transitions positively. Key tips include open communication, embracing change, maintaining a positive outlook, taking initiative, and collaborating as a team.

## Workshop Objectives:

### This training will help you:

- Assess your inherent skills and resilience in the face of change
- Enhance your communication strategies for expressing concerns
- Recognize the range of emotions experienced during leadership transitions
- Learn how to cope with and thrive in a changing environment



### TARGET AUDIENCE:

EMPLOYEES FACING AN UPCOMING LEADERSHIP CHANGE



### EXPECTED DURATION:

45-60 MINUTES

