

CHANGE MANAGEMENT TRAINING

Transforming change into opportunity



INTRODUCTION

Empower yourself with the theory and practical tools to lead your team through dynamic organisational change.

Our comprehensive training provides you with a proven change management toolkit and actionable strategies—all delivered in a flexible, self-paced online format.

- ➔ 6 Engaging Online Lessons
- ➔ Practical Tools & Templates
- ➔ Scientifically Informed Strategies

DETAILS

- **Readiness:** Prepares organisations for smooth, proactive transitions.
- **Resistance:** Equips leaders with strategies to ease employee hesitation.
- **Leadership:** Enhances skills to confidently guide teams through change.
- **Systems Alignment:** Integrates processes to support sustainable change.
- **Engagement:** Boosts overall confidence and collaboration during transitions.

CONTENT

This course covers change management theory and practical strategies. You'll explore assessing organisational readiness, recognising change patterns, and aligning systems. Additional topics include managing resistance, fostering engagement, and optimising processes. With interactive modules and a comprehensive toolkit, you'll develop the skills to lead sustainable, transformative change initiatives effectively.

SUMMARY

- ✓ For Everyday Leaders
- ✓ Change Readiness Focus
- ✓ Actionable Toolkit
- ✓ Bite-Sized Learning

"I took this program and it truly reshaped my approach to change management—practical, insightful, and incredibly empowering."

– FOUNDER

Ready to lead your team through transformative change?



contact@thechangegym.com



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APPLICATIONS

- Digital Change: Introducing new systems or software.
- Leadership & Culture: Supporting new leaders and team training.
- Mergers & Restructuring: Helping staff adjust to new roles and changes.
- Employee Wellbeing: Rolling out better work-life policies and gathering feedback.
- Rebranding: Updating brand messages during market changes.

PROBLEMS

- My team hesitates to embrace change, preferring familiar routines over new ideas.
- Messages aren't always consistent and straightforward, so no one is clear about the vision or direction.
- Uncertainty about the future causes anxiety and slows progress.
- Conflicting work styles create friction and disrupt collaboration.
- A lack of skills and training makes growth and efficiency difficult.

OVERVIEW

This training is designed to equip leaders and managers with practical strategies to navigate change with confidence.

What You'll Gain

- 3 hours of coaching with Dr Steve Barlow, including a 30-minute initial planning session. Online or by phone.
- A deeper understanding of leading change management theories and structural change readiness.
- Actionable tools and guidelines to help you implement change in the right order for maximum success.
- Greater confidence in managing change and overcoming resistance.
- Ideas to boost engagement and help people embrace change more effectively.

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LEARNER JOURNEY THROUGH YOUR COURSE

1. **Enrolment and Onboarding:** Begin by enrolling in the course of your choice. Upon signing up, you'll receive a New User Welcome email containing all the access instructions you need to get started.
2. **Personalised Kick-Off:** Soon after, you'll receive a Welcome to Course email with a link to book your 30-minute online Planning Session. This session helps set your learning goals and ensures a clear path forward.
3. **Planning Session:** In this one-on-one session, a dedicated coach will work with you to customise your journey based on your needs and aspirations, giving structure to your engagement with the course material.
4. **Self-Paced Progression:** Work through the course content at your own pace, allowing time for reflection, application, and connection to your personal change goals.
5. **Interactive Coaching:** When you're ready, schedule and conduct two 50-minute coaching sessions. These sessions deepen your insights, address challenges, and help sustain momentum.
6. **Final Integration Session:** After completing all course lessons, book and complete your third 50-minute coaching session. This session helps consolidate your learning and prepares you for long-term application.
7. **Course Access Duration:** You will have access to the course content for 90 days from the date of enrolment. This timeframe gives you the flexibility to engage with the material and revisit key lessons as needed.