

PERSONAL CHANGE FITNESS PROGRAM

Strengthen your
capacity to
navigate change



PROBLEMS ADDRESSED



Struggling to start: from thinking to doing



Making hard choices: committing to choices



Paying the cost: dealing with effort and sacrifices



Bouncing back: coming back after a setback



Sticking with it: keep going and not quitting

WHAT YOU GAIN



- 3 hours coaching with Dr Steve Barlow, including a 30-minute initial planning session. Online or by phone.
- A deeper understanding of how change works and what it takes to succeed.
- Strategies to help others build their change fitness, making you a stronger leader and mentor.



APPLICATIONS

- **Personal Development** – Strengthening individual growth and transformation.
- **Organisational Change** – Helping employees and leaders navigate transitions, reduce resistance, and build commitment.
- **Leadership Development** – Enhancing leadership skills.
- **Cultural Change** – Shaping organisational values and behaviours.
- **Career Transitions** – Supporting individuals in adapting to new roles or professional challenges.
- **Health & Wellbeing** – Encouraging sustainable lifestyle.



OVERVIEW

Change isn't just about strategy—it's about personal readiness. This program builds your **change fitness**, equipping you with the psychological resources needed to handle transitions effectively.



SIGN UP →



contact@thechange gym.com
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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.