

Build resilience. Embed readiness. Lead with confidence.

Our programs are designed as Readiness Pathways – flexible enough for those who want to watch and learn, yet rigorous enough to support professionals seeking CPD recognition. Each pathway is based on our proprietary PhD research into change readiness and tested in the real world.

Strategic Readiness Training

Equips leaders with five lenses of strategic thinking to analyse challenges and mobilise effective responses. Gain clarity, confidence, and adaptability in decision-making. Useful for leadership teams facing complex, high-stakes environments where strategic readiness determines success.



Personal Change Fitness Program

Builds the psychological capacity individuals need to navigate change. Clients benefit from greater resilience, motivation, and adaptability. Useful for organisations wanting staff who can move beyond resistance, sustain energy through setbacks, and see change as an opportunity for growth.

Change Management Training

Learn to implement change effectively by combining established change management research with a readiness lens. Gain practical tools to anticipate resistance, balance disruption with stability, and embed change readiness into culture.

Change Readiness Superpowers

Strengthens 7 change readiness “superpowers”. Embed readiness into how people think and act, creating a culture where adaptability is normal. Useful for teams needing confidence, shared capability, and readiness as part of organisational DNA.

Transformational Leadership Program

Develops leaders who can change cultures and grow people. Build psychological depth, authenticity, and adaptive presence. Useful for organisations wanting leaders who inspire trust, mobilise others, and model resilience.

Learn more : www.thechange gym.com

**CPD
Accredited**