

Change Management Tips for Individuals

GoSkills online course syllabus

Skill level

Beginner

Lessons

7

Pre-requisites

No prior experience needed

Video duration

15m

Estimated study time

15m 13s

Instructor

Eric Zackrison, PhD

Introduction

1 Change is inevitable

Tools to Manage Change

2 Embrace the change

As the recipient of change it can be hard to find a way to accept it.

3 Understand where the change comes from

When change comes down as a decree, it can be hard to accept the change.

4 Locus of control

Change can make people feel like they don't have control, which can have detrimental work and personal effects.

5 Focus on the future

It is easy to get stuck in the past and look for blame, excuses, or reasons.

6 Find your voice

Even in times of change, it is important that people feel like they have a voice.

Conclusion

7 In your hands

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