

Embrace change!

"The art of adapting to any situation by changing our perceptions!"

Summary:

This conference helps participants adapt more quickly and easily to change, in order to better mobilize as a group. A better adaptation to change, significantly reduces conflicts, which helps create greater synergy, as well as a more harmonious and more dynamic working environment.

Through the use of concrete examples, we show how individuals can improve their perception of change. We also teach participants various techniques and methods that allow them to optimize their capacity to adapt to different situations by adopting a positive and proactive attitude.

Objectives:

- ***Discover*** the source of our resistant behaviour.
- ***Learn*** how to dominate our inherent lack of comfort with change.
- ***Succeed*** in transforming our daily problems into true *opportunities*.
- ***Obtain*** the tools required to optimize our *capacity to adapt*.

Results:

- Increased internal *dynamism* and *productivity*.
- Reduced level of *stress* and *dissatisfaction* and fewer *interpersonal conflicts*.

Duration:

- Available in **regular format** (*60 to 90 minutes*) and in a **conference format** (*30 to 60 minutes*)

Please note that this conference is also available as a workshop seminar, which allows for a better integration of the proposed tools and further enhances your return on investment (ROI).