



# Leading Change

*From Theory to Action*

For change leaders who want to bridge the gap between knowledge and real-world implementation.

Register Now

01

Manage resistance effectively

02

Engage stakeholders effortlessly

03

Communicate effectively



Every last Friday of the month



Virtual

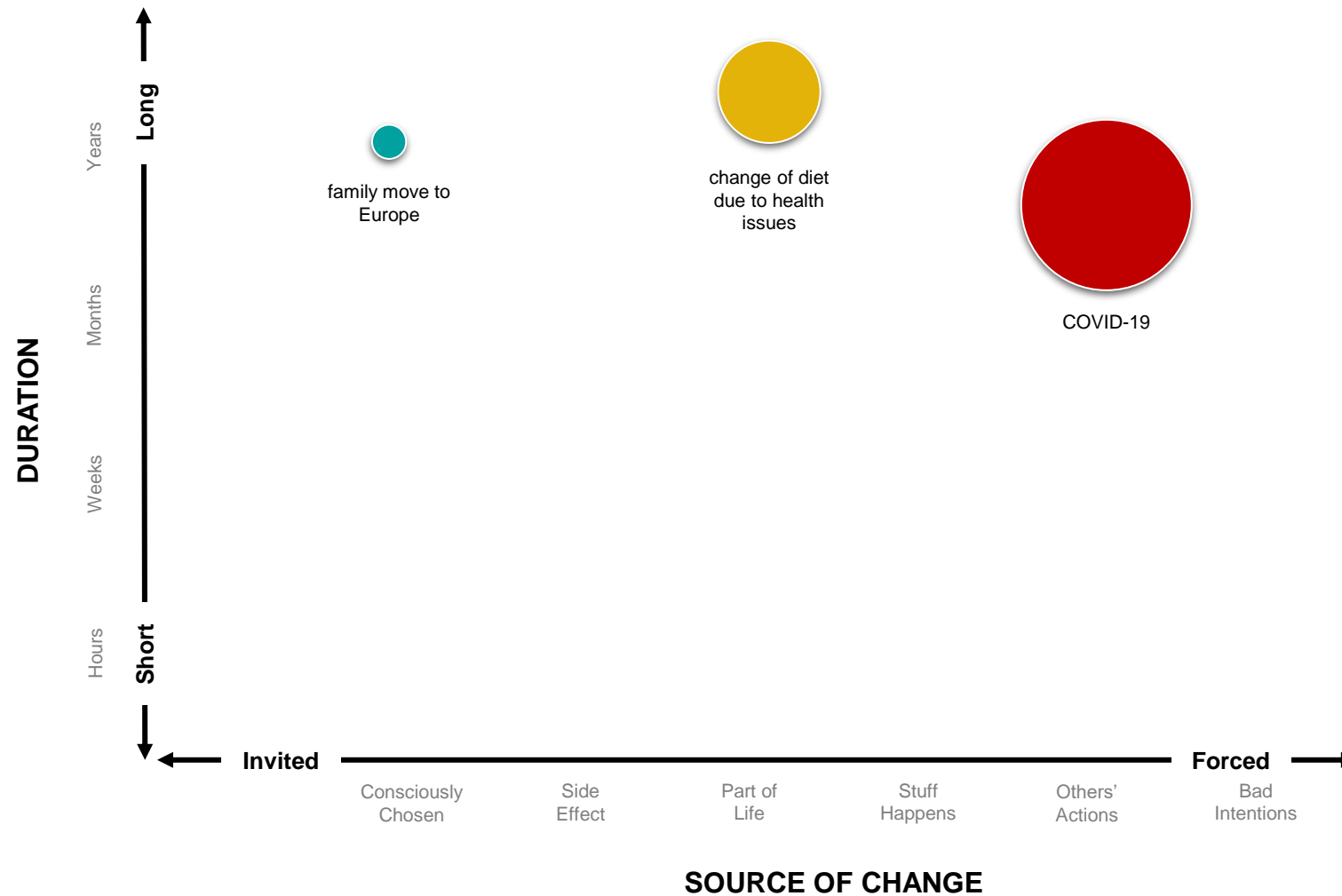


Free



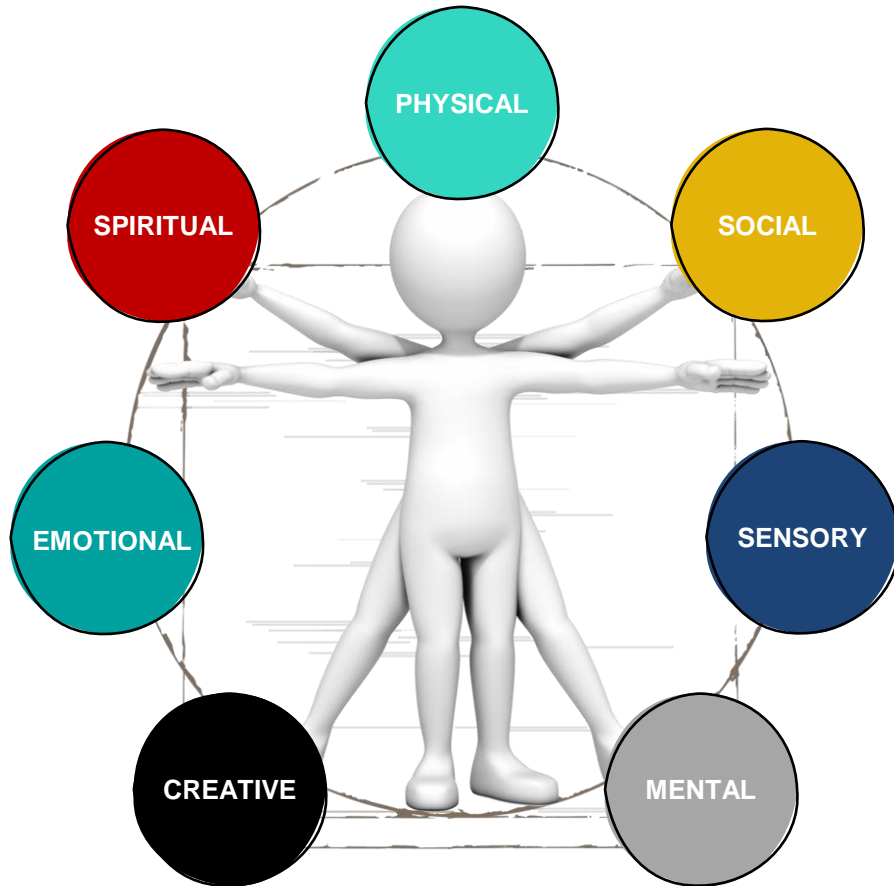
Learn more

## Change Saturation



**Impact** is influenced by:

- Expectation gap
- Capability gap
- Threat factor



Energy management

- Optimal nutrition – Exercise/ Movement – Sleep
- Limit draining relationships – Focus on nourishing and supportive interactions
- Rest from (computer) screens – Turn off social media notifications – Avoid clutter in your space
- Breaks throughout the day – Avoid multi-tasking
- Go into nature – Listen to music – Play
- Acknowledge emotions – Pay attention to triggers
- Honor your values – Engage in meditation, prayer, community involvement, etc.



Micro Resilience



ZONE refocus	Establish (flexible) boundaries to create concentration time
OFF-LOAD refocus	Diminish brain fatigue by continuous, small reduction in mental effort (not holding everything in your head)
DECISION refocus	<p>Avoid decision fatigue</p> <ul style="list-style-type: none"><li>• Make important decisions early in the day or after invigorating yourself</li><li>• Simplify routines so that everyday tasks require fewer decisions</li><li>• Delegate decision making responsibility</li><li>• Use checklists for routine/ regular decisions</li><li>• Prioritize prioritizing</li></ul>
EXERCISE refocus	Use movement to improve thinking

