



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

Leading Change

From Theory to Action



Every last Friday of the month



Virtual

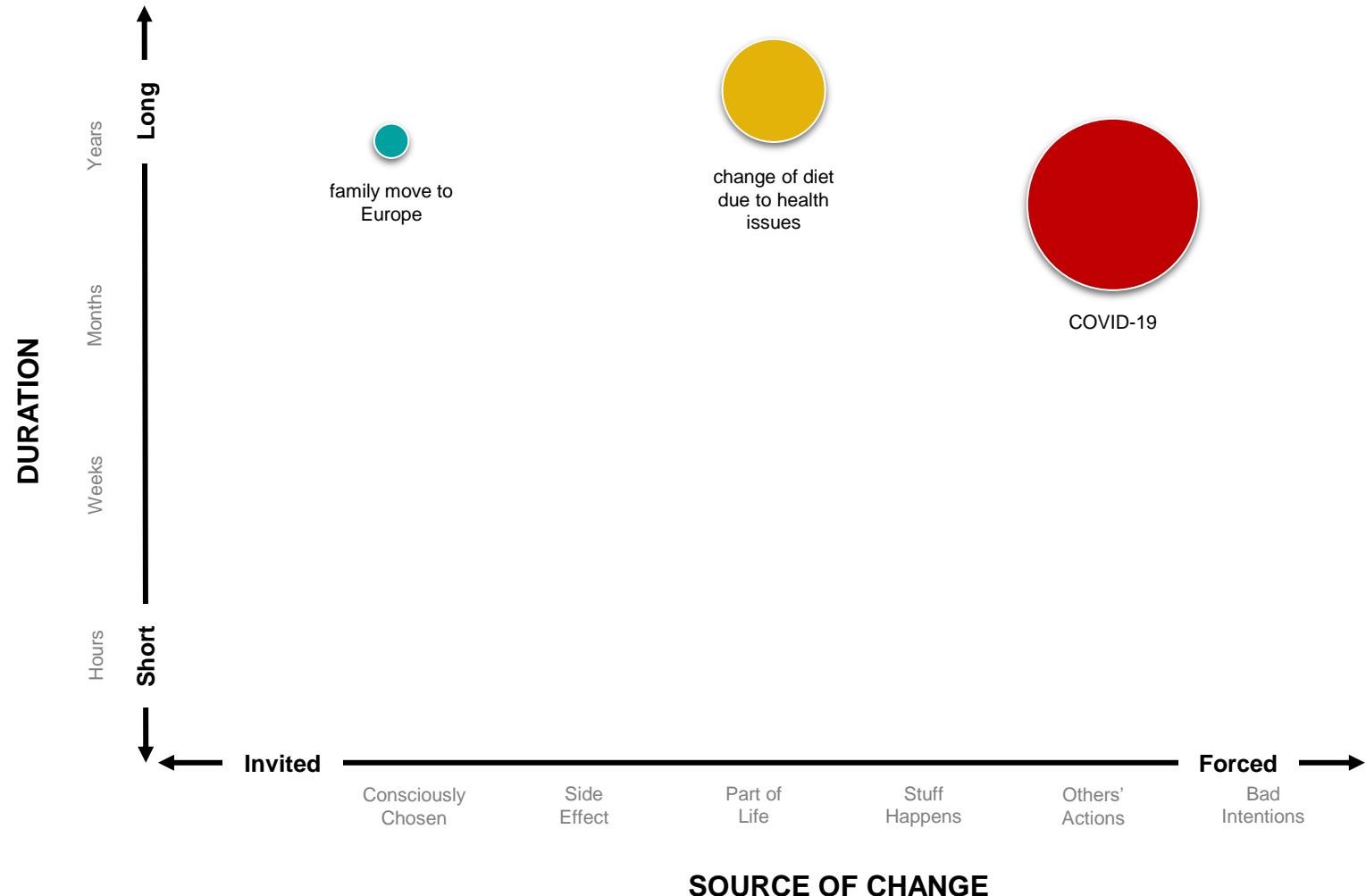


Free



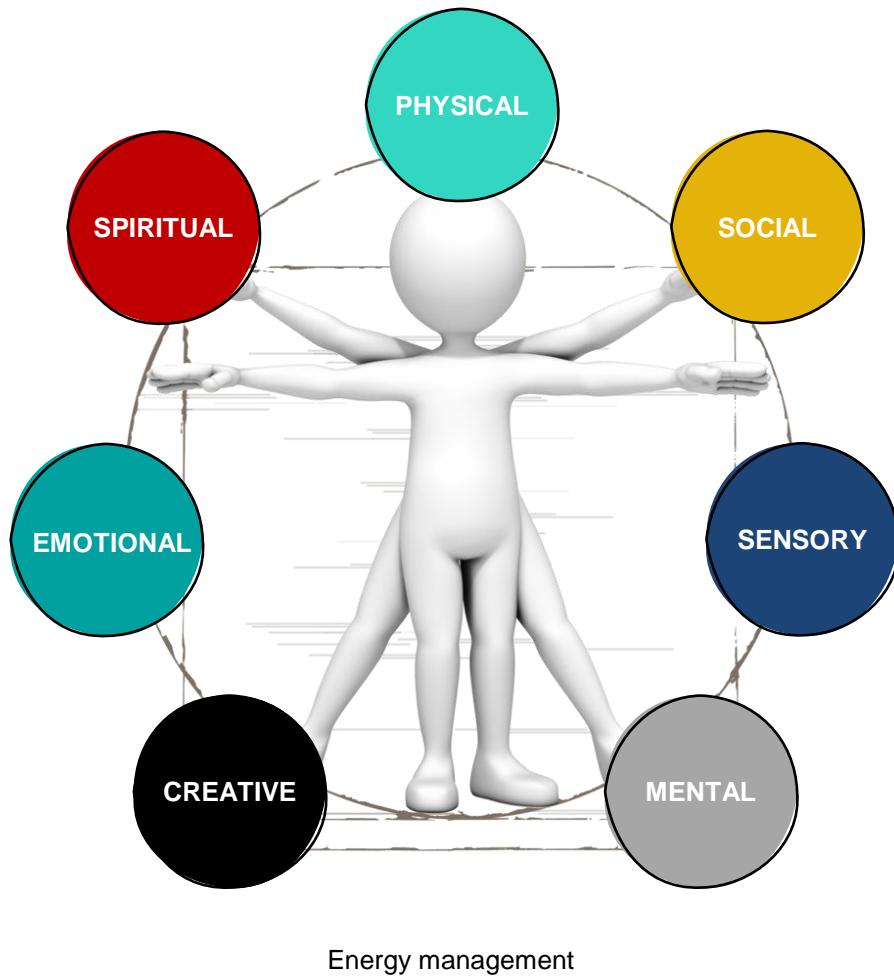
Learn more

Change Saturation

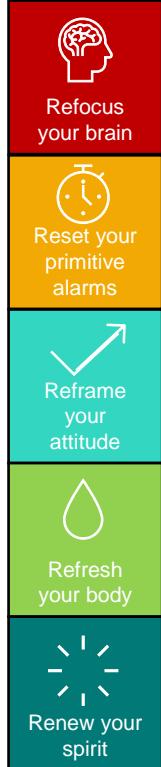


Impact is influenced by:

- Expectation gap
- Capability gap
- Threat factor



- 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 mediation, 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">• Make important decisions early in the day or after invigorating yourself• Simplify routines so that everyday tasks require fewer decisions• Delegate decision making responsibility• Use checklists for routine/ regular decisions• Prioritize prioritizing
EXERCISE refocus	Use movement to improve thinking

Reduce Demands

Reduce workload
(Defer – Delegate – Eliminate)

Re-assess priorities
(Pressure test – Re-prioritise –
Block dedicated time)

Make it easy to ask for help
(Material)

Increase Resources

Adjust work infrastructure
(Tools – Schedule – Breaks)

Make it easy to ask for help
(Material – Informational –
Emotional)

Change Perspective

Re-assess the Why

Re-assess performance goals

Re-assess processes