



Change Workshop

Navigating Change & Building Resilience



**Unlock Your Leadership Potential:
Master Change & Build Lasting Resilience**

In today's relentless business landscape, change isn't just constant – it's accelerating. Are your leaders equipped to navigate this complexity with confidence and empower their teams to thrive, not just survive?

Our **Navigating Change & Building Resilience** workshop isn't just another training course. It's a transformative two-day immersive experience designed specifically for managers and leaders who are ready to master the art of leading through uncertainty.



gemmaahogan@talenta.me.uk

lisaallden68@outlook.com

GET IN TOUCH

Workshop Content

DAY 1

- Change management theory.
- Change models for organisational transition.
- Effective communication and planning strategies for periods of uncertainty.
- Participate in business simulations to practice change planning and reflection.

DAY 2

- Emotional and psychological responses to change.
- Managing resistance to change.
- Leading with Emotional Intelligence.
- Practice EI in leadership through engaging coaching activities.
- Develop personal and team action plans for sustainable, impactful change.

Core Workshop Outcomes for Your Team

- **Stronger, more agile leadership:** leaders empowered to manage change with composure, empathy, and strategic foresight.
- **Highly resilient teams:** enhance your teams' capacity for adaptation, innovation, and sustained high performance under pressure.
- **Increased retention & engagement:** leaders who embody emotional intelligence cultivate higher trust, boost morale, and significantly improve employee commitment.
- **A culture ready for anything:** build a psychologically aware, proactive, and truly change-ready organisational culture that embraces transformation.

Who Should Attend?

- Organisations currently undergoing significant **structural, cultural, or technological transformations.**
- Managers and leaders tasked with **guiding teams through uncertainty or challenging transitions.**
- Organisations investing in **leadership development and succession planning initiatives.**
- Executive and HR teams committed to **embedding Emotional Intelligence at the core of their leadership culture.**



gemmahogan@talenta.me.uk

lisaallden68@outlook.com

GET IN TOUCH

What Makes This Workshop Uniquely Powerful?

Unlike generic leadership training, our programme is deeply rooted in science-backed strategies, cutting-edge emotional intelligence, and proven psychological models of change. You'll walk away with more than just theory; you'll gain practical tools and the confidence to immediately apply what you've learned.

- **Personalised insight:** each participant receives a detailed **Emotional Capital Report (ECR)** - your individual EI profile, pinpointing your strengths and key development areas. This isn't one-size-fits-all; it's about your growth.
- **Real-world application:** engage in dynamic business simulation activities that mirror real-life change initiatives and communication challenges. Learn by doing, in a psychologically safe environment.
- **Embedded learning:** through peer coaching and a post-workshop 90-minute 1:1 debrief and coaching session, we ensure your insights translate into lasting action.
- **Psychological depth:** go beyond surface-level techniques. Explore the human element of change, understanding emotional responses, managing resistance, and fostering true resilience.

Why This workshop Is Essential Now:

- **The pace of change is unprecedented:** your organisation needs leaders who can adapt quickly and strategically.
- **Burnout is real:** equip your teams with the emotional intelligence and resilience to prevent exhaustion and maintain high performance.
- **Talent retention is key:** leaders who inspire trust and provide stability in turbulent times are critical for keeping your best people.



gemmahogan@talenta.me.uk

lisaallden68@outlook.com

GET IN TOUCH

Meet Your Expert Facilitators

Our workshops are led by highly qualified professionals with a proven track record in executive coaching and leadership positions:

Gemma Hogan: an accredited Emotional Capital Report (ECR/360), Strengths and DISC Practitioner and Qualified Professional Coach. Gemma brings a wealth of experience as a Senior People Practitioner in HR, Talent, and L&D with extensive lived experience of change - acquisitions, restructuring and organisational design/development.

Lisa Allden: an accredited Strengths Practitioner and Qualified Professional Coach, Lisa offers a unique perspective from her background as a senior business leader in Sales, Further and Higher Education.



Ready to Empower Your Leaders and Transform Your Organisation?

Don't let change be a barrier; make it your greatest asset. Invest in your leaders' ability to navigate complexity with confidence, empathy, and strategic insight.

To discuss how our **Navigating Change & Building Resilience** programme can specifically benefit your leadership teams and create lasting change from the inside out, contact us today.



Gemma Hogan - 07791 863092

Lisa Allden - 07713 952864



gemmahogan@talenta.me.uk

lisaallden68@outlook.com

GET IN TOUCH