

When you understand the science of change, there are no surprises.

Build an agile, adaptive workforce with our research-based course + resiliency assessment.

Your Brain on Change™ is an engaging, expert-led workshop that dives into the neuroscience behind how employees process changes + uncertainty in the workplace. This interactive learning experience helps participants understand how the brain reacts to change and the resulting feelings of resistance, stress, and overwhelm.

Participants

will gain insight to how they respond to change through:

- Exploring the neuroscience of how our brains respond to change and its impact on mental and emotional states.
- Learning research-based tools and techniques to improve their response to change.
- Gaining private and powerful insight into their own natural change style with complimentary access to our online **Individual Resiliency Assessment®**.

Organizations

will benefit by supporting leaders + managers to:

- Cultivate a more innovative and change-resilient organizational culture.
- Prevent burnout and improve organizational agility. Foster innovation.
- Combat turnover and boost staff retention.

Learning Objectives

- Understand the research-based personality factors of individual resilience
- Understand the function of the “primitive brain” and how it impacts their “natural style” when coping with workplace change and uncertainty
- Learn their personal strengths and areas for development
- Understand the “Six Traits of Agile Organizations” that can thrive through change
- Develop skills that will improve coping skills for organizational changes
- Learn to better lead and coach others through challenging times