

# COPING WITH CHANGE

THE NEW NORMAL

  
**ODYSSEY**  
TRAINING™

By 

1 DAY



## LEARNING OUTCOMES

- Understand how change can impact you
- Define what you have control over when change happens
- Develop healthy coping strategies
- Use the four 'A's to deal with stressful situations

## CORE COMPETENCIES

- Action Orientated
- Composure
- Personal Learning
- Self Development

## COURSE OVERVIEW

Change occurs when one thing ends and something new or different begins. It usually means moving away from the familiar and towards the unknown. The time between these two points is called the transition and it is normal to find this time stressful. Throughout the transition, people have to let go of the old and take on the new, therefore, change always involves some type of loss.

This course will prepare you to understand and cope with the impacts change can have on you.

## TOPICS COVERED IN THIS COURSE

### What does change really mean

Understanding what change really is and that you are not weak or old-fashioned if you experience loss caused by change.

### Why change is difficult

Change is difficult because it's perceived as a threat on a cellular level.

### Three phases of transition

Recognise the underpinning phases of transition and the state changes puts people into.

### What is resilience?

Define resilience and identify how resilience helps us cope with change.

### 7 traits of resilient people

There are varying degrees of resilience within and between people. Practicing these traits will put you on track to building more resilient habits.

### Check your resilience and identify coping mechanisms

Assess yourself against a range of resilient factors and identify coping mechanisms that will help you better cope with change.

### Develop positive coping strategies

Implement a set of strategies that work specifically for you to build your resilience and cope with change in more manageable ways.

### Focus on what you can control

When faced with changes you cannot control, move away from feeling powerless and angry by looking at the opportunities you can control and working towards them.

### Coping with and managing stress from change

Managing stress is the same as increasing your resilience; you need to take charge.

### Dealing with stressful situations: the four As

Avoid, alter, adapt or accept – the choice is yours.

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developed for the Australian  
workplace.

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