



## Ride the Wave – Mastering Change

### Program Description:

Is your team committed to innovation yet struggling to master change? *Ride the Wave* explores the link between our need for innovation and our struggle to cope with the change it inevitably entails. Team members assess their own change hardiness, learn about the change cycle, and develop personal strategies to move from denial and anger to embracing ... even driving ... change. This session can include a dramatic high ropes component if desired.

### Format:

Summit applies a blended learning approach to fully engage all learning styles. Participants are guided through a series of challenging activities followed by periods of reflection, facilitated discussions, and presentations of current theories and models. This session includes follow up contact with the Summit facilitator to encourage implementation of action plans.

Full Day or two half-days (6-7 training hours)

### Outcomes:

Team members will:

- ✓ Be aware of their reactions to change
- ✓ Understand the change cycle
- ✓ Identify personal strategies for becoming more adaptive to change
- ✓ Learn to lead change

The team will:

- ✓ Develop strategies to support one another in times of change
- ✓ Know when and how to communicate change
- ✓ View change as an opportunity

### Includes:

Team Tool Cards; Workbook (optional); Photo CD; Parting gift

