



**@ASK Training**  
Attitude | Skills | Knowledge

# Coping with Uncertainty and Change at Your Workplace

**Course Code:**

ASKCWC

**Course Duration:**

1 day (8 hours), 9.00am - 5.00pm

**Course Fee:**

\$600 (\$648 Inc. 8% GST) per participant

**Course Venue:**

Hotel

**Course Dates:**

<https://asktraining.com.sg/course-calendar/>



## Course Synopsis

In our technologically advanced society today, change is taking place at an increasingly rapid pace in many areas of our lives. Some people readily embrace change whereas others feel incapacitated by change, therefore fearing and resisting it.

In such an unpredictable world where change is the only constant, it is essential to be mentally prepared to face change and uncertainty head on and try our best to adapt to whatever situations that are thrust upon us, however difficult they may be, to protect ourselves against mental and physical burnout.

In this course, learners will be guided through a series of activities to re-evaluate the essence of change and learn how to view change as requiring an attitudinal switch rather than as technical barriers to be surmounted.

This mental shift will enable learners to recognize the value of change, to view it as an opportunity grasp instead of a setback to avoid, so that the merits of change can be propagated throughout the workplace.

## Course Objectives

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By the end of the course, you would be able:

- Accept that there are no normal or abnormal ways of reacting to change, but that we must start from where we are.
- See change not as something to be feared and resisted but as an essential element of the world to be accepted.
- Understand that adapting to change is not technical but attitudinal. Change is not an intellectual issue but one that strikes at who you are.
- Recognize that before we can embrace the way things will be, we must go through a process of grieving, and of letting go of the “way things used to be.”
- See change as an opportunity for self-motivation and innovation.
- Identify strategies for helping change be accepted and implemented in the workplace.

## Course Outline

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- The Change Cycle
- The Human Reaction to Change
- The Pace of Change
- The Pyramid Response to Change
- Dealing with Resistance
- Adapting to Change
- Strategies for Dealing with Change
- Managing Anger
- Managing Stress
- A Personal Action Plan