

# THE HUMAN SIDE OF CHANGE

## WHAT IS IT ABOUT?

Managing transitions effectively is essential for navigating change within any organization. Based on William Bridges' renowned work, this course provides insights and strategies for understanding and managing the human side of change.

You will learn how to guide yourself and your team through transitions, addressing the psychological and emotional aspects of change.

By mastering these skills, you'll be better prepared to handle change with confidence and guide your team to successful outcomes.



## WHAT WILL YOU LEARN?

- Understand the three phases of William Bridges' transition model.
- Learn strategies for managing the endings phase, supporting yourself and your team through the neutral zone, and fostering acceptance and enthusiasm for new beginnings.
- Guide your team through the emotional aspects of change.
- Discover why people resist change and learn techniques to reduce resistance to change.

**CHANGE PEOPLE AND  
THE SYSTEM WILL  
FOLLOW**

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COLLABORATION 

## WHOM IS IT FOR?

Managers and leaders who need to lead their people through change

## METHODOLOGY, TOOLS, TECHNIQUES TAUGHT

- William Bridges' transition model: Endings, Neutral Zone, and New Beginnings.
- The SCARF model involves five domains of human social experience: Status, Certainty, Autonomy, Relatedness and Fairness. - Insights from neuroscience (Rock, 2008)

Learning for the curious 