

# Embracing Change

Equis Consulting...



Discovering the Solutions Within™

Discovering...  
*Where are you now?*  
Searching...  
*Where do you need to go?*  
Charting...  
*How will you get there?*



*Have you checked-out? Don't get lost in the "the Valley of DREC."*

-  **Conversational Workshops**
-  **Self-Exploration**
-  **Customized Content**
-  **Expert Delivery**

Because change is an inherent part of an organization, successful negotiation of the change curve has become a major part of the contemporary business world.

Learn how to cope with change and help others adapt to the changing world around them.

By understanding the four distinct phases of the change continuum, participants will be able to recognize the characteristics of each phase and develop strategies for each one.

After attending, you will be able to:

- Identify your stage in the change continuum – denial, resistance, exploration, or commitment (DREC).
- Increase awareness of the change model's impact on productivity
- Identify "limiting beliefs" created by change
- Create an opening for the possibilities created by change
- Help set a positive emotional tone for other peers, direct reports, and customers