

# Who Has Your Cheese?

***Creatively Adapting to Change*** - A program about change and adaptation at work and in your life.

## **Program Description:**

In today's ever changing world, it is more important than ever to know how to make *change* a friend and a companion that you can be comfortable with. Program format will be based on Spencer Johnson's book *Who Moved My Cheese?*

Even though change is the one thing in life that is certain, it is human nature to resist it. We do this for many reasons. We will explore the dynamics of change and ways to avoid becoming stressed because of change. We will explore how mastering change can help create more productive employees and happier people. Happier employees exhibit a better image of the company and create happy customers. Happy customers come back and help businesses grow and increase profitability.

Emphasis will be given to exploring change and understanding how it is necessary to think outside the box to increase employee productivity, consumer loyalty and improve your image within the community.

## **Program Format:**

Interactive lecture format

## **Program elements:**

Program elements will include:

- Lecture/didactic information
- Group activities
- Team building activities
- Developing a personal plan for survival in an ever changing environment

## **Objectives:**

Participants will learn:

- To describe the properties of change
- At least two ways to tackle and embrace change
- How to identify signs of bad employee morale
- How to identify employee needs
- At least two ways to re-frame reactions to change
- At least two ways to use change in a positive way