



**Lynda Monk**  
MSW, RSW, CPCC

# Thrive

Change + Resilience  
in the Workplace.

Training | Leadership Coaching | Speaking

## Thriving During Times of Change

### Workshop Overview

This one-day change management workshop is designed to teach employees the key aspects of coping during times of change within the workplace. Participants will learn the impact of change and why it can be so difficult to deal with, while exploring 6 key resilience strategies to help them thrive during times of change both individually and within their teams or working groups. This workshop helps participants address both the challenging aspects of change, while also finding the opportunities inherent to change. Learn practical strategies for staying optimistic, productive and engaged during times of change and beyond.

### Learning Objectives

- Identify the impact of change in their current circumstances
- Consider why change can be so difficult to deal with and what to do about it
- Discover the difference between change and transition
- Explore the effects of the changes on both individuals and the workplace
- Learn the stages of change and common effects associated with change
- Examine the difficulties and the hopeful aspects of change
- Increase resilience strategies to cope with change and stress
- Identify supports and possibilities for growth and optimism during times of change

**"The great thing in the world is not so much where we stand, as in what direction we are moving."**

~ Oliver Wendell Holmes

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## Collaborative Instructional Strategies

This workshop is highly interactive. Key concepts will be presented and the participants will be supported through discussions, self-reflection, applied storytelling, videos and interactive exercises to deepen their learning while also creating inspired action steps for thriving during times of change individually and collectively in the workplace.

## Audience

The **Thrive During Times of Change Workshop** has been designed for:

- Employees – individuals and teams
- Lower-to-mid level managers
- Leaders
- Human resource professionals

**"They always say time changes things, but you actually have to change them yourself."**  
~ Andy Warhol

For more information about this workshop for your organization, please contact:

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**THRIVE Training & Coaching** | [lyndamonk.com](http://lyndamonk.com)

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