

Adaptability and Flexibility: How to Manage Change

Continuing Professional Development

Instructor:

Inna Haas, Psychologist (PhD), Life & Executive Coach

Aim:

The seminar will help you to better understand the need for adaptability and to identify ways in which you personally and your organization can successfully manage today's rapidly changing business environment. You will learn new techniques to hone your adaptive thinking skills and apply them to solving problems and addressing challenges at work and in private life. Throughout the seminar you will explore and practice essential tools and strategies to help you, your team and your business create a culture of adaptability to face changes not as threats but as fascinating opportunities to transform your approach to work and achieve the desired outcomes.

Objectives:

- Discover how you deal with change
- Identify what makes a person adaptable and flexible
- Recognize the benefits of being adaptable and flexible at work
- Explore unlearning as a new way of learning
- Implement practical tools, techniques and strategies to develop and improve your adaptive thinking skills
- Adopt a mindset that will help you think outside the box and act outside the comfort zone

Who should attend the seminar?

The seminar is designed for business leaders, owners, managers, HR specialists, recruitment companies and freelance professionals who wish to improve their skills in managing change.

4 May 2023
9:00-13:30 (4 CPD Units)

Registrations:
Fee: €150
Click [here](#) to register

SEMINAR PROGRAM

		ADAPTABILITY AND FLEXIBILITY: HOW TO MANAGE CHANGE
Time	Duration	Description
09:00 - 10:45	1:45	Section 1 - ADAPTABILITY <ul style="list-style-type: none"> • Understanding Adaptability: Vertical Thinking vs Lateral Thinking • From Comfort Zone to the Unknown: Change or Transition • The Life of an Adaptive Person • Importance of Adaptive Thinking at the Workplace • Adaptability Skills: Practical Examples and Techniques • Adaptability Interview: Questions and Practical Tips • Individual Exercises / Group Practice
10:45 - 11:00	0:15	C O F F E E B R E A K
11:00 - 12:45	1:45	Section 2 - FLEXIBILITY <ul style="list-style-type: none"> • Understanding Flexibility • Creating a Flexible Work Environment • Performance Impact and Benefits for Employees and Business • Pros & Cons of Flexible Work Policies • Adaptability vs Flexibility: Key Differences • Individual Exercises / Group Practice
12:45 - 13:00	0:15	C O F F E E B R E A K
13:00 - 13:30	0:30	Section 3 - FINAL COMMENTS AND CLOSING REMARKS <ul style="list-style-type: none"> • Seminar Feedback • Take Home Message / Practical Tips • Recommended Books • Personal Development Map • Gratitudes
Total Net Duration	4:00	END OF SEMINAR

Certification:

All participants will be awarded a certificate. Each hour of attendance will account for one unit of Continuing Professional Development (CPD) as required for members of most professional bodies.

In-house Seminars:

Globaltraining has been cooperating with many companies in Cyprus and abroad for covering their in-house training needs. Some of these companies are large multinational companies with presence in Cyprus and abroad. The clients we serve include a wide range of industries, including banking, accounting and audit, investment services firms, telecommunication, construction and retail. Tailor-made seminars are offered upon request from clients.