

Empowering Managers Through Change

One of the most debilitating effects of uncertainty is how disempowering it can be – often making people mistrust their own instincts. This can be felt especially keenly by leaders and managers – used to providing confident guidance and direction to those who look to them.

This half-day session is designed to help people managers work through this sense of paralysis that can arise in periods of constant change. It is built around four key approaches which can help managers reclaim confidence in their own ability to lead and succeed in a context of uncertainty.

Proportionate self-care

- Understanding your own response to pressure and uncertainty and how you can manage it
- Prioritising your own wellbeing (because you deserve it!)

Staying in your lane

- Clarifying your scope for control and influence
- Playing to your personal strengths
- Self-awareness about decision-making under pressure

Co-creation

- Managers may not have all the answers - so how do we engage others in working with us to find them?

From passive "change victims" to proactive influencers

- How to instil a continuous improvement ethos...
- ...where your team stays ahead of the change curve

This session will be supported by self-assessment tools and a bank of resources for further learning and use with your team.