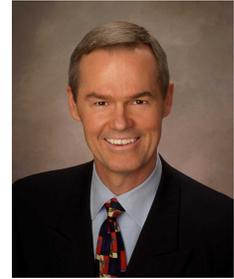


Take Charge of Change - with the Brain in Mind:

Supply More of Your Capacity to Meet the Demands of Change with Less Stress

Our brains are designed to deal with change in small steps. Significant changes (in the way we work, in where we live or earn our income, in our employment or personal relationships, and elsewhere in our lives) impact us at the cellular level in our brain and body.



[Jim Muckle](#)

This workshop, [available in 1/2-day or 1-day formats](#), will provide you with a brain-friendly model, easy-to-use reference materials, and a variety of practical experiences that will help you to understand, anticipate, plan for, and manage and lead change more effectively. You'll be better prepared to work with and support your colleagues, family members, and others around you who are going through change – particularly when it's significant.

Program Topics

Why is change about supply and demand?

- Discover the first significant experience of every change process.
- Complete a diagnostic to help you to see yourself in the midst of change.
- Find out why leaders of change and participants in change are in such different places.
- Learn what your brain does automatically to deal with new experiences.

What happens to your supply of capacity during change?

- Identify the main sources of your capacity.
- Discover three key elements you can manage to enhance your capacity.
- Find out where to focus your attention to minimize your stress during change.
- Take home at least a dozen ways to make change easier for everyone.

Why does change make demands on your capacity?

- Discover the most effective way to deal with the first issue in change.
- Realize when and why productivity decreases significantly during change.
- Find out how steps in the change process link to different parts of your brain.
- Learn what to communicate when, to minimize demands on those involved.

How can change help you to succeed?

- Find out what to do if you need to change course during a change process.
- Learn when to focus on helping people to get to self-motivation.
- Discover the best time to celebrate (hint: it's not when the change is over).
- Take home the question that can help you to mobilize change to support you.

At the end of this workshop, you will be able to:

- Anticipate and plan for change in healthier and more productive ways.
- Lead, manage, and otherwise participate in change more effectively.

- Use more of your enhanced capacity to successfully respond to the demands of change.
- Share and apply an effective model of the change process with your colleagues, family members, and others.
- Understand more clearly what to do and what not to do at each stage in the change process.
- Communicate more effectively throughout the change process.
- Develop and implement your personal change plans, and help with the change plans of those around you as the need arises.
- Apply your practical understanding of the change process to help produce more of your desired results – by taking charge of, and experiencing, change with your brain in mind.

Participant Value?

- The more that change is an issue for you, your colleagues, your family, and others around you, the more that you and they will get excellent value from this workshop.
- Recognizing that change is ongoing, sometimes significant, and not always anticipated, this workshop has value for anyone who wants to build or enhance their capacity or the capacity of those around them. Being better prepared for change will always help you to produce and enjoy better results.
- Anyone who wants to learn about, and take better care of, their brain and overall health.

For more information, visit us online at www.BrainsInAction.com, or contact us at: (T/M) (613) 841-4332 / (TF) 1-888-384-6666 / jim.muckle@BrainsInAction.com

IS YOUR
Brain
 Doing Its BEST?
 Work For You ?