

Change Management

Title	Duration (minutes)	Author	Course Description
• ADAPT to Change	15	7 Dimensions	In this course, psychologist Eve Ash showed that practicing skills of adaptation is a better way for managing reactions to change. You will have learned to accept what you cannot control and define the problem by examining the facts. This helps you to adjust to the situation so you can plan a pathway forward with the facts you've assembled. Then you can thrive in creative ways and help others to do so as well.
• How to Cope in Harsh Times	40	7 Dimensions	How to Cope in Harsh Times is a course that helps anyone feeling upset, helpless and overwhelmed by tough times. Whether you are facing an economic, health or other personal crisis, living through harsh times can take a heavy toll on our mood, our health and our outlook. You will learn strategies to focus on things within your control and find ways to stay motivated and persevere and accept that some things are out of your control.
• Restructuring: Preparing for Layoffs	45	7 Dimensions	Restructuring and laying people off is a tough challenge for anyone faced with moving people out of their jobs. In this course, HR Consultant Peter Wallbridge discusses with Eve Ash how to prepare for and manage challenges and sensitivities surrounding layoffs and redeployment effectively.
• Skills for Managing Redundancy / Layoffs	40	7 Dimensions	Skills for Managing Redundancy / Layoffs is a course presenting sensible and fair ways to assist a person who is being laid off. Layoffs are a part of business as companies change, roles change, and some people just don't perform. In this course HR expert Peter Wallbridge explains how to determine if the layoff/redundancy is genuine.
• Understanding Workforce Fluidity	20	7 Dimensions	Disruption is now a constant in business. The future is all about fluidity – rapid change and the ability to respond to it quickly, efficiently and smoothly. Work and jobs are constantly evolving, learning and career opportunities are changing rapidly. Workforce fluidity is the new norm. Psychologist Eve Ash discusses how we can adapt in a fluid workforce. In this course you will learn that fluidity occurs on a number of levels.
• Mental Health and Wellbeing: Coping with Change	12	Channel 1 Creative Media	Change by its very nature can produce different and unfamiliar scenarios. This can cause discomfort, and therefore many find it threatening. That is why, if you are struggling with a constantly changing environment, it is important to try to develop a strategy to deal with change. This Coping With Change course details, in very simple terms, how to do exactly that.
• Mental Health and Wellbeing: Managing Change	12	Channel 1 Creative Media	The one constant in life we all have to deal with is change. Some resist change because they are naturally comfortable and secure in their world as they know it. The trouble is nothing stays forever. This Managing Change course is chock-full of easy-to-understand hints on how to introduce change in your workplace.