



build your resourcefulness



## Thriving Through Change

HUMAN INCITE

### Thriving Through Change

We live and operate in a VUCA world. A workplace that is volatile, uncertain, complex and ambiguous. As such, change fatigue is a common issue facing many individuals and they often experience stress and anxiety because of this change. This masterclass explores this concept and helps participants understand why they may feel and behave they way they do in times of change. More importantly it explores strategies and tools to build resourcefulness, accountability and resilience to thrive through change.

RECOMMENDED FOR

#### ALL EMPLOYEES & LEADERS

- Employees who are going through a change initiative.
- Employees working in the current changing environment.

#### Chat to us about 2018

Talk to us about development opportunities for you or your team.

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**Vanessa** DEPARTMENT OF TREASURY AND FINANCE

Blythe Rowe is an amazing presenter! Find the training and development fund because it will be the best investment you will make towards your people's development. She is the best!

### **Program Objective** → **Ask us about customisation**

Combining her own practical experience with the latest in neuroscience research, Blythe will explore the key elements of the brain and the importance this has on our behaviour during change. More importantly, she will share tools to build awareness and resourcefulness of individuals.

#### **IN THIS KEYNOTE, YOU WILL LEARN:**

- Why Change Management is not the answer
- How our brain is wired and responds in times of change
- Where you play most & how this could be holding you back
- The difference between a fixed vs. growth mindset
- How to mind your language
- How you are more resourceful than probably think
- Why we need to embrace the 'F' bomb if we want to thrive and grow



#### **Contact us for more information**

Feel free to chat to us about our programs, keynote speaking & any questions you have! Send us email to [info@humanincite.com.au](mailto:info@humanincite.com.au)