

# CHANGE

Duration: 50 min



## - is the name of the game

### How to prepare yourself for change

There are lots of myths about what happens when people undergo a process of change. This lecture - about change in organizations - will deal with some of them - and simultaneously challenge your current view of the world.

### Why book this lecture?

That people react extremely differently in change situations is well known, but what can you as an individual, and in particular as a colleague, do to alleviate some of the challenges? This lecture puts particular emphasis on the key reactions, we humans typically have, and gives possible solutions based on hands-on experience.

### In the lecture, Sebastian Nybo addresses the following key elements:

- How to unleash our natural change intelligence
- How do you tackle change?
- Changes do not ask for permission...they just arrive
- How to train yourself to be ready for change

### Take home value:

- You receive practical tools to take home so you can handle the changes that inevitably are part of an organization in motion
- Knowledge of how to get through the challenging transition processes
- Applicable techniques that will prepare you for change
- You learn to break the patterns and habits
- The lecture can be customized so it targets either the management or employees.

Would you like book this inspiring lecture, please contact Sebastian Nybo  
+ 45 33 11 44 22 or via [www.sebastiannybo.com](http://www.sebastiannybo.com) wisdom in action

