



**Teal**  
Talent Development

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# Navigating Change

It is no more possible to stop change than it is possible to stop time. Just as individuals change, so do families, businesses, the economy and society. Being able to adapt to change increases your chance of navigating the world we live in.

Change in itself is neither good nor bad. Positive or negative perceptions of change are driven by people's responses to the changes they face.

While there is no prescribed way for individuals to navigate change, there are strategies that you can use to help yourself adapt and succeed through nearly any change.

In the Navigating Change course you will learn how to:

- Identify the defining elements of change
- Explain the ways change affects people;
- Strategize successful ways to respond to change

Speaker Series: 1 hour  
Workshop: 2 hours

*"Just when I think I have learned the way to  
live, life changes."  
~Hugh Prather*