



Interpersonal Skills and Self Development



Administration and Office Efficiency



Management And Leadership

Agility & Adaptability to Change

Course Introduction

Our highly practical program will focus on familiarizing employees with basic concepts necessary to understand the process of coping with change and how to adapt efficiently to it, also will equip them with some effective tools, skills, and knowledge for understanding resistance and communicating change the right way. Agility, Flexibility are some of the most powerful capabilities the newcomers need to succeed... At this program, they will learn the different methodologies to develop their Agility to adapt to and to facilitate achieving serious changes.

Target Audience

- Corporate Leaders and Managers
- Entrepreneurs and Small Business Owners
- Mid-level Employees
- Cross-functional Teams

Learning Objectives

By the end of this training course, participants will be able to:

- Explore what is change and why do some organizations fail in Coping with change.
- Discover the different responses to change and how to handle them.
- Understand why people are afraid of change and use behavioral techniques to overcome potential resistance.
- Adopt proper attitude towards change by getting familiarized to famous Change Theories
- Recognize How to Survive Change You Didn't Ask For
- Recognize effective tools to cope with Volatility, Uncertainty, Complexity & Ambiguity.
- Identify tools to Incorporating agility into your weekly practices

Course Outline

• 01 Day One

Why Change

- What's Change and why it's important nowadays to embrace change?
- Why do organizations fail in implementing change?
- What are various types of change?
- What are various phases of growth?
- What's the Change impact on organizations?

How Change affects people

- How do people respond to change?
- What goes through people's mind when they are confronted with change in different stages?
- How ideas spread and what does this mean for coping with change?
- Kübler-Ross' change curve
- How to Survive Change You Didn't Ask For

• 02 Day Two

Thrive in VUCA

- Understanding the VUCA world Concept
- How does VUCA World affect our daily life
- VUCA impact on business decisions
- Using effective tools to overcome sudden changes

Agility & Flexibility

- The fine line between Agility, Flexibility & Adaptability
- Knowing what agility is and why it is important
- The need for agility in today's workforce
- Agility's five components
- The privilege of Neuroplasticity

• 03 Day Three

Unlocking Agility

- Incorporating agility into your weekly practices
- Understanding the difference between Coping with change and agility
- Creating an agile workplace environment

From Ambiguity to Agility

- How VUCA Affects the Business?
- Tools to control your mind and direct it towards positive avenues
- Business agility outcomes
- Agility and career growth

Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
April 20, 2025	April 22, 2025	3 days	3250.00 \$	KSA - Riyadh
Aug. 18, 2025	Aug. 20, 2025	3 days	3250.00 \$	UAE - Abu Dhabi
Oct. 27, 2025	Oct. 29, 2025	3 days	3250.00 \$	UAE - Dubai