

# Lead Through Change: Be The Change Catalyst

By embracing a growth mindset, leaders encourage their teams to view challenges as opportunities for learning and development rather than setbacks. This perspective cultivates a culture of continuous improvement and adaptability. Leading change using the transition curve model involves understanding the emotional journey individuals undergo during periods of change. From denial to resistance, acceptance and then exploration, effective leadership with the transition curve model involves constant support, open dialogue, and a focus on the collective growth and success of the team.

Storytelling amplifies this by weaving a narrative that contextualizes change, making it relatable and meaningful. Effective leaders use stories to illustrate how challenges can lead to growth, highlighting successes and failures alike as integral parts of the journey. Through these narratives, leaders not only communicate vision and purpose but also inspire trust and camaraderie among team members, empowering them to navigate uncertainties with confidence and optimism.

## Target Audience

This course will benefit all leaders or individual contributors in corporate organizations, sales team, professionals, entrepreneurs and business owners who want to develop the mindset to capture opportunities to influence commitment from others to take actions

## Duration

8 hours

## Course Topics

- Growth mindset
- Leading through the transition
- Power of storytelling

## Objectives

This course equips participants with practical techniques to:

- Identify the impact of the Growth Mindset in personal and professional lives, then relate to change
- Describe the 3 stages of emotional transition curve during change
- Identify specific factors that impede effective change at every transition stage
- Understand the art and science of storytelling and the impact it has to influence the desire and actions to change

## Desired Outcomes

- Increase individual effectiveness and performance
- Build confidence and resilience in facing challenges
- Develop a learning attitude towards every mistake or failure
- Motivate continuous self development

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## Course Outline (Duration: 8 hours)

### Growth Mindset (2.5 hours)

- Growth vs Fixed mindset self-assessment
- Growth mindset defined and relevancy to change
- The journey to transform your mindset

### Break

### Transition Curve Model Part 1 (1.5 hour)

- Understand the 3 stages of transition
- Identify barriers to change in every stage of transition

### Lunch Break

### Transition Curve Model Part 2 (1 hour)

- Define actions to lead change in every stage of transition

### Break

### Power of Storytelling (3 hours)

- Why storytelling
- Structure of stories and polishing
- Craft and tell your story of change