

Bulletproof People - Adaptability Course Outline



FOCUS: Improving the skills required before, during and after times of change and or challenge.

LENGTH: 3 options

- 1 hr Awareness session
- 4 hr Workshop
- Customised program

GROUP SIZE: 10-20 (Larger groups may require extra facilitators).

METHOD:



Personal reflection



Pairs collaboration



Group think & action

AWARENESS

1. Keeping a fluid attitude, and not getting stuck on one method.
2. Gaining a resilient perspective.
3. Managing and communicating expectations.

IDENTIFY

1. Early warning indicators for addressing the mismanagement of change.
2. What are my belief systems in regards to change?
3. Top 5 adaptability tips.

FUTURE

1. Mitigating the collateral damage of change, in myself and others.
2. Are you numb to change? Is the past holding back the future?
3. Asking the right questions and hosting the right conversations.

TRANSFORM

1. What's my current adaptability score? What's my goal adaptability score? How will I close the gap between the two?
2. Gathering collective experience group activity. What is working & what isn't working?
3. Developing a set of professional & personal convictions in relation to change.