

## 2-Minute Tips to Navigate Organizational Change

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

10

**Pre-requisites**

No prior experience needed

**Video duration**

16m

**Estimated study time**

16m 20s

**Instructor**

Julie Pham, PhD

## Introduction

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- 1** Prepare for organizational change with curiosity  
Leading people through organizational change can feel overwhelming.

## Navigate the Emotional Impact of Change

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- 2** Increase self-awareness by embracing curiosity  
Change could be traumatic, for both you and the people you manage.
- 3** Share your story to build trust and connection  
People don't trust leaders who sound like they are mouthpiece for corporate messaging.

## Build a Change-Ready Mindset

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- 4** Listen actively to address employee concerns  
When people experience unwanted change, they may feel unheard by leadership.
- 5** Turn fear of change into a growth opportunity  
Uncertainty triggers stress, but it also presents new possibilities.

## Communicate Effectively During Change

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- 6** Lead with honesty and admit what you don't know  
As a leader, people will be coming to you and expecting you to give all the answers.

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### Stop workplace gossip before it spreads

In times of great transition, people may circulate rumours to fill the gaps in their knowledge and this aggravates existing tensions.

## Stay Productive and Adaptable in Times of Change

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### Focus on what you can control

During change, distractions multiply, and control feels elusive.

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### Strengthen your adaptability with reflection

Transitions can feel overwhelming and time-consuming.

## Conclusion

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### Navigate change with less stress

Thanks for watching! Now that you've completed this course, you're equipped to apply curiosity to navigating any organizational shift.

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