

# Change Management Tips for Individuals

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

7

**Accredited by**

Verified by GoSkills

**Pre-requisites**

No prior experience needed

**Video duration**

15m

**Estimated study time**

15m 13s

**Instructor**

Eric Zackrison, PhD

## Introduction

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### 1 Change is inevitable

## Tools to Manage Change

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### 2 Embrace the change

As the recipient of change it can be hard to find a way to accept it.

### 3 Understand where the change comes from

When change comes down as a decree, it can be hard to accept the change.

### 4 Locus of control

Change can make people feel like they don't have control, which can have detrimental work and personal effects.

### 5 Focus on the future

It is easy to get stuck in the past and look for blame, excuses, or reasons.

### 6 Find your voice

Even in times of change, it is important that people feel like they have a voice.

## Conclusion

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# 7 In your hands

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