



## Navigation through Changes: The Four Rooms of Change® NEW

### 目标与内容 Objectives and Content

With the Four Rooms of Change®, you will learn a psychological-scientific approach that is easy and practical to apply in change situations. The theory and the analytical tools were developed by Claes Janssen from Sweden and have been used for over 20 years in a wide variety of companies and industrial sectors as well as in different target groups worldwide.

Whether professionally or privately, you understand how changes work, can position yourself and can support your colleagues and employees in change processes. A shift in perspective opens up new possibilities for action or room for creativity. You will experience positive energy as you put the Change concept into practice and adapt it to your own challenges. You will be able to navigate yourself and others through changes more confidently and competently.

### 参加对象 Target Group

You who are leading or supporting the development and change management in any kind of businesses and organizations.

### 大纲 Outline

This course includes:

- Introduction to the Four Rooms of Change® theory
- Development of your own approach to the Four Rooms of Change®
- Phases of change in individuals
- Action approaches to manage yourself through the different phases
- Individual perspectives and preferences as well as their impact on change processes
- Changes in organization
- The balance between changes and stability

培训顾问: Dr. Angelika Schrand

日期: 2019年2月26-27日

价格: 包括会务费, 资料费, 午餐费。

会员: 6800元; 非会员: 7200元

语言: 英文

场地: 上海市虹口区辽宁路244号108室

Trainer: Dr. Angelika Schrand

Schedule: Feb. 26-27, 2019

Price: Fee includes lectures, course materials and lunch.

Member: 6800 RMB; Non-members: 7200 RMB

Language: English

Venue: Room 108, 244 Liaoning Road,

Hongkou District, Shanghai