

# Personal Excellence

## DEALING WITH CHANGE

### CONTENT

#### Personal Excellence

- What makes a person admirable?
- The core criterion for a successful life.
- The giving and taking distinction.
- What giving really means.

#### Change Excellence

- Change vs Transition.
- Changes in my life.
- Unwelcome change: What is it like.
- Responding positively to change – knowing where you have landed.
- Responding positively to change – letting go of the past.
- Responding positively to change – moving forward.

### ONE DAY WORKSHOP

As human beings we have always experienced change and have found ways of dealing with it. The magnitude, speed and constancy of today's changes, however, is unprecedented. We do indeed now live in times of catastrophic change. Whether as people we succeed or not in these times of uncertainty has everything to do with our intent; with what we choose to make significant to ourselves and consequently what we give attention to.

In any situation which confronts us there are really only two variables at play; what we want to 'get' and what we want to 'give'. Of the two the one we have control over is what we 'give', what sits in our hands. The more we focus our attention on what we can give or contribute, the stronger and more powerful we become.

In this one day workshop Schuitema provides original but simple and powerful frameworks and tools for dealing with life's changes. The change issues which are dealt with during the day are those currently being experienced by those attending the workshop.

The workshop is, therefore, particularly useful for people whose organisations are making difficult changes which impact on them; such as a merger, a takeover, retrenchments, decline in profitability, exponential growth, an implementation of a major system or introduction of new technology.

