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Leading in a diverse and transforming society

Registration No: CK2002/024743/23
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Unit 2 Monte Carlo
Fergusson Close
Bedfordview
2008

Course:

Relating to Cheese!

Overview of the course

Introduction and Icebreaker

***You have read the book now:
Watch the movie!
Live the experience!***

Module One

Who moved my Cheese!

- The Movie
- Who moved my Cheese!
- "Horrorscopes!"
- The Hem and Haw (Internal External Locus of control) questionnaire

Module Two

I want my Old Cheese back

- The Changing Work Context
- Aligning Strategy and Culture
- A New Contract of Work
- The difference between Transition and Change
- Understanding the process of Change
- Employee resistance
- Effects on behaviour
- Reasons for resistance
- Identifying resistance
- The acceptance of change



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- Dealing with resistance
- Managing resistance

Module 3

Change what you believe to change what you do!

- Beliefs
- Who says what is normal?
- Emotional Intelligence
- The EQ Quiz
- The neurology of emotional responses
- Rate your own emotional competence
- Emotional avoidance the resultant behaviours (eating, drinking **etc**)
- Stages of burnout
- Processing feelings
- Risking

Module 4

What if there is no more Cheese?

- Negaholism
- Are you a corporate negaholic
- Symptoms of negaholism
- Forgiveness and letting go
- Visualisation
- Your "Horroroscope"
- Autobiography in 5 short chapters

Learning Outcomes

- Understanding the changing work context and exploring existing versus required beliefs and behaviours.
- Explaining the details, reasons behind and impact that organizational change has on peoples emotions
- Exploring how employment contracts have changed from the old to the new psychological contract
- Demonstrating that it is up to individuals to take personal responsibility for managing change
- Encouraging the development of an internal locus of control.



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- Promoting respect for the dynamic of resistance and encouraging effective personal and other management thereof
- Enhancing emotional intelligence in the intra and interpersonal relationship context
- Providing skills which will enable people to maintain constructive interpersonal relationships during difficult times
- Minimising negativity and promoting constructiveness in a changing context
- Learning that times will continuously change, that thriving in chaos and learning from the future is essential to competent functioning in the future

National Qualification Forum (NQF) level

Abbot level 4 of Life orientation Unit standards.
Human and Social Science NSB07

Target group and Business application

- This course can be adapted to any level.
- Facilitators will be matched to the audience level and language requirements
- Delegate manuals are in English.

Duration of Course

One day workshop

Facilitator

We have a broad range of qualified facilitators whom we match to the company expectations, profile, level and fit.

Dates

Bookings require a minimum of a one week notice period