

Dealing positively with change: Increase your resilience

Groep Nederlands

Training code	CGAAMBI1CD
Spoken Language	Dutch
Language Materials	English
Dayparts	4
Price	€1.300,00 excl. VAT No extra costs.

What is Dealing positively with change: Increase your resilience

It is well known by now that the world is changing, dynamic and uncertain and demands new things from you as a professional. You used to be able to hold on to your role, methods, techniques and step-by-step plans. Now you are expected to be flexible, make decisions in situations where not all options are known and to take responsibility and ownership.

This can cause uncertainty and stress. Combined with the fact that many of us are constantly busy, that is an exhausting combination. We are in survival mode. This is far from effective, it wears us out and blocks us. But imagine that:

- you strengthen the qualities you need to keep you going during uncertainty,
- working in a situation of not knowing is playful and light-hearted,
- you take the first steps with the confidence that the next steps will also work,
- you trust that you have the ability to get out of an uncertain or unclear situation, even if you don't understand it yet,
- you strengthen your foundation by creating a clear inner world that can withstand the uncertain, dynamic and restless outside world,
- you feel comfortable with not-knowing.

This is how we get started. Based on your practical situation, we work on increasing your resilience. We consider a fixed and a growth mindset. Which one do you use and does it help you?

We work on strengthening the four qualities that make up your psychological capital, namely:

- hope
- resilience
- optimism
- self confidence



In 4 half-days we investigate and strengthen these properties. Between the training days you put what you have learned into practice. That is why it is important that you have at least one year of work experience and are currently working.

Who should attend Dealing positively with change: Increase your resilience

You notice that you are less able to cope with the demands and dynamics of the organization. You feel tired, tense and on tiptoe. This has a blocking effect, while you want to be innovative and creative.

You are looking for training that helps you to trust yourself again and to enjoy your work and the challenges that your environment offers you.

Prerequisites

We expect you to have at least one year of work experience and to be working at the time you follow the training. This offers you the practical situation that is necessary to immediately apply what you learn in the training.

Objectives

After the training you will know how to hold your own in dynamic, uncertain situations. You have the knowledge and techniques to face the future with renewed confidence.

If a third-party copyright applies to this course, you will find the copyright on <https://academy.capgemini.nl/en/topic/trademarks/>

Capgemini Academy's general terms and conditions are applied to all products and services mentioned within this document. For the latest version please check <https://academy.capgemini.com/>. The rates of products and services mentioned in this document are subject to change. For the most recent rates, please also visit our website.

About Capgemini Academy

Capgemini Academy's professionals offer what people in IT need. Our professionals have a keen eye for motivation, talent and are aware of specific contexts and circumstances. They move people to move. Programmes and courses that originate from daily experience of our both didactical and substantively strong trainers, light a fire within the individual IT professionals. Real life stories of our professionals' experience that tell how to solve problems and work with the people around it, do the rest.

An organization, like ours, helps people and their organizations day by day to get the best out of themselves and each other. We prepare them to defy tomorrow's challenges. We stimulate learning and curiosity. In order for individual IT professionals and their employers, to build better, longer and more intensive relationships. For mutual benefit.

Capgemini Academy. We transform IT professionals
academy.capgemini.nl

IN/3A-018.18