

Change is the new black



Changing a behaviour or habit can often seem a daunting process, making us resistant to the idea. Yet it's only through change that we grow and evolve, becoming more productive both in our personal lives and at work. Through this pathway you'll gain a better understanding of the processes behind changing a behaviour as well as how to establish new habits of your own.

Effective change leaders know how to optimise the change planning process, test reactions to proposed changes, be active and visible during a change effort, celebrate successes along the way and communicate the outcomes to all stakeholders.

You will find tools, templates and skills that you can use at work as well as frameworks to understand the different kinds of changes you may experience.

To help individuals and workplaces upskill and expand their capabilities to thrive in this environment, the Suncorp Learning Campus provides online access to thousands of training resources, sourced from the best content providers in the world.

Helping you feel more prepared with strategies and tactics to establish yourself with strength and resilience during a time of transition:

Change Survival Toolkit: Unplanned Change

by Biz Library
(7 minutes)

Course overview: This module will help you discover steps for preparing and potentially preventing unplanned change. You will learn how to respond appropriately if an unplanned change does occur. This video lesson is part of the "Change Survival Toolkit" series intended to help people navigate large changes.

Change Survival Toolkit: Coping with Change

by Biz Library
(6 minutes)

Course overview: Learn some effective change coping skills, such as recognising what you can control to getting support. In addition, become familiar with stress management techniques that can help you to deal with changes more productively. This video lesson is part of the "Change Survival Toolkit" series.

Showing Leadership During Change

by Skills Hub
(4 minutes)

Course overview: Change can be hard for your team and can decrease productivity across the whole of your workplace. Learn how to show leadership and why it is important during a time of change. Discover how to lead positively during these uncertain times and how to influence your team to accept change and move forward working together smoothly.

Unfreeze for Change

by Pearls of Wisdom
(5 minutes)

Course overview: This module takes you through Kurt Lewin's Unfreeze, Change, Freeze model. The short course will help to explain how the model is an of dealing with changing like a block of ice, and how this can be applied to organisational change.

Selling the Need for Change

by Biz Library
(4 minutes)

Course overview: Most teams will resist any kind of change, and we all know that change is often needed in business. Learn how to sell the need for change and make the process a much smoother transition for your team, highlighting to them how it is important for all members to be on the same page when dealing with change.

The Change House

by Pearls of Wisdom
(5 minutes)

Course overview: This module introduces a fresh way to look at the journey we take through changing situations and circumstances. Learn about the different rooms we visit in the Change House.

The Fundamentals of Change

by Ian Smith
(30 minutes)

Course overview: Driven by regulatory reform, globalisation and technology; change is an inevitable part of life. It can happen at any time and can be implemented with little notice. This course looks at how the organisation and the individual can work together to embrace change by introducing the fundamentals of planning and coping with workplace change.

10 Mins Dealing with Change

by Learning Planet
(10 minutes)

Course overview: This 10 minute video deals with change and how to manage it within the workplace. You will learn ways to embrace change and help others with change. There is a workbook for this video.

Overcoming Resistance to Change

by Interaction Training
(30 minutes)

Course overview: People are both the most important and the least predictable component in any change programme. Resistance to change is a natural human reaction, so dealing with resistance will be amongst the most significant challenges. This course will teach you how to identify the specific reasons for resistance in order to garner acceptance and support.

Managing Change: Management Skills

by Skills Hub
(25 minutes)

Course overview: This module is part of The Management Skills Award, which consists of 13 online management training sessions that you can take from the comfort of your own desktop, mobile or tablet. The main purpose of the Award is to give managers a firm foundation in management best practices.