



Leading Change Effectively - Practical Neuroscience & Psychology-Led Workshops & Programmes

Practical insights/tools to lead & support people through change with clarity, confidence and momentum.

- Leaders/Managers feel **more informed and confident** on how to navigate change areas they are responsible for (planning, communicating, supporting others, adjusting, monitoring, embedding)
- **Fewer friction points** for them and their department/team
- More resilient teams **better able to adjust to changes and deliver required outputs**

Who this is for

Change architects/sponsors, Leaders, HR business partners and line managers delivering change across functions (private, public, defence). Tailored options for intact teams or mixed cohorts.

What participants learn (agenda snapshot)

Foundations

What people experience during change; Common concerns; Lived experiences & learning

Leading through change

Practical, brain-friendly structures for leading self/others through change; What we are up against - Habits & Emotions; Planning, communication, supporting, embedding.

Brain & behaviour in change

Strengths/limits, habits, emotional triggers; Reducing threat and increasing action; What controls behaviour

Tools you'll take away

Fundamental frameworks for leading others; emotional trigger scanning and planning; Readiness checklists; Planning canvases; Comms templates; Support scripts and action tracking.

Formats & what's included

Delivery options: Half-day or full day; or Multi session in depth programme: In-person or virtual.

Included: Pre-session activities; facilitated workshop (s); toolkits & templates; post-workshop action plan; optional follow-up clinic & coaching.

Tip: In our experience, face-to-face promotes richer discussion and application.

Outcomes

- Recognise lived experiences, concerns and capabilities and how they can contribute effectively to the future regarding change
- Understand fundamental strengths, limitations and mechanisms of the brain and how this can be used in a range of change contexts
- Be familiar with key neuroscience and psychology relating to change, helping to; understand oneself and others in relation to habits; emotions; developing resilience; supporting others; planning; communication and implementing changes
- Take away a range of practical models and tools for ensuring improvements in navigating and leading change

Proof. Upon request we would love to put you in contact with people who have recent experience of our change workshops and programmes both commissioners and delegates so you hear from them the benefits they took.

About Think Change

We combine neuroscience and psychology with practical playbooks to help individuals and teams adopt new ways of working—fast.

Book a 20-minute discovery call • +44 (0)1403 800 304

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