

Embracing Change

At a glance...

Customised Provision

Recognised by: Lantra Awards

Introduction

This course introduces coaching models to encourage a positive outlook towards change both now and for the future, enabling attendees to understand the route to effective change, empowering them to move forward with greater ease.

Overview in brief

This Lantra-accredited Customised Award is exclusively developed and delivered by a Lantra-approved Training Provider, who meets our quality standards. The course is specifically tailored to meet learners' needs. For further details about the course content and delivery locations, please contact the Training Provider using the details provided below.

The minimum age to undertake this course is 16.

This is a course for attendees with a specific focus for change such as succession; a new role/management; new systems/process; wanting to overcome resistance and replace it with a new approach or outlook. A time to get comfortable with change and the opportunities it brings.

There is no requirement to share the nature of the change attendees are wanting to address.

Change is uncomfortable though some find it easier to accept than others. Attendees will experience why we naturally resist change and how to recognise their own default response.



The finer details





This course includes modules on:

1. Preparing ourselves to change.
2. Flexing your attitude.
3. The narrative within.
4. Cheating the Troll.
5. Expanding the horizon.

Who should attend?

Anyone faced with a change they are reluctant to embrace.

Families, teams and individuals can all benefit from this course.

What will be covered?

- Fear of change as a primitive response.
- Recognising the process of change and the choices you have.
- Developing psychological flexibility using cognitive behavioural coaching with templates to take away for further development.
- Challenging our inner narrative to change perspective.

Other areas of interest

[The Rural Manager - Communications](#)

[Woodland Management For Conservation](#)

[Felling Utility Poles](#)

[Control of Invasive Species](#)

[Risk Assessment](#)

[Managing and Developing Interpersonal Skills and Customer Service Focus Within the Work Environment](#)

[The Rural Manager's Whistle Stop Tour of Management Practices](#)

[Leading Guided Walks/Involving the Community in the Environment](#)

[The Rural Manager - Time Management](#)

[The Rural Manager - Motivation and Team Work](#)



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[Social Media for Marketing and Communications](#)

[Introduction to Agricultural Based Business Planning](#)

[Developing Management Skills That Drive Teams Forward](#)

[Hand Held and Back Pack Blowers \(to Include Vacuum Blowers\)](#)

[Instructional Techniques for Practical Skills Trainers](#)

[Drystone Walls](#)

[Electric Chainsaw Use and Maintenance in a Manufacturing Environment](#)

[Planning a Diversification or New Enterprise on the Farm](#)

[Land Law for Landowners](#)

[An Introduction to Worm Control and Faecal Egg Counting for Sheep Producers](#)

[A Farmer's Guide to Compiling Business Plans](#)

[Effective Meeting Skills – Minute Taking](#)

[Effective Meeting Skills – Participating and Chairing](#)

[Instructional Techniques for the Practical Skills Trainer - Assessed](#)

[Business Planning and Development - Know How To Form Your Own Written Plan](#)

[Marketing Your Business - Create an Action Plan Offline & Online](#)

[Stress Management](#)

[Embracing Change](#)

[Conservation Grazing](#)

[Understand and Use Making Tax Digital \(MTD\) Software](#)



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