

Change Management

Experiencing Change

Security and freedom are two vital elements of our everyday lives, but when a sudden change occurs it can affect the balance between the two. This module explores the seven steps of the change process, known as the change curve and looks at the importance of separating imagined fear from reality in order to adapt to change.

In this Module

Videoscribe explainer video, with professional audio (duration: 02:36)

English Subtitles

4 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. Find a balance between security and freedom.
2. It can take up to two years to fully adapt to change.
3. Separate imagined fears from reality.

