



# About Navigating Change Online Course

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*'To live in fear is a life half-lived' ('Strictly Ballroom' – great Australian movie)*

## About Change

Change is part of life. From one moment to the next, everything and everyone is changing. It is the way of all existing things.

In workplaces, technology has brought changes locally and globally, affecting work and private life. New skills have had to be learnt and old skills discarded.

People who've have been doing the same jobs for years find their services are no longer needed. Many manufacturing enterprises in Australia and overseas have closed down. Staff are more mobile than ever before. Holding down the same job for life is no longer the norm.

Private life and relationships have changed. Gender roles and family structures have been re-defined. Changes occur as we negotiate the milestones of birth, death, marriage and all that's in between.

Children leave home, we face menopause, old age and more. We are all subject to life's changes, at home, work and elsewhere.

## Rationale

Change can take us out of our comfort zone. We can feel disoriented, threatened, and worry that we will never be happy again. But if we can understand the nature of change, how it works, and how to navigate it safely, instead of feeling distressed, we can feel optimistic.

Understanding the nature of change helps you avoid its potential negative affects. You will manage change better, and emerge more confident and positive about the future.

## Course Details

The course comprises 4 videos (total 61 minutes), slides, workbook and documents. Topics include:



- ◆ The nature of Change
- ◆ The Five Stages of Endings
- ◆ The Neutral Zone
- ◆ New Beginnings

Each unit has reflection activities to assist learning and help you explore your attitudes to change. There is a multi-choice assessment to complete and submit to obtain a certificate of completion.

## Learning Objectives and Outcomes

You will better understand:

- What change is and why we need change
- Typical (and normal) feelings that we can experience during change
- Why change can destabilise us
- How to move smoothly through change and welcome 'new beginnings'

## Benefits

Learning about change helps reduce its negative impacts. Normalising responses to change helps you to feel and cope better, preventing escalating cycles of anxiety or depression.

Learning how to navigate and be successful in New Beginnings illuminates the positive side of change.

## Participants

The course is suitable anyone who wants to understand the nature and impact of change, whether life forces change on us, or whether we chose it because it is the 'least bad' option available.

## To Purchase the Course

Follow the directions on the Navigating Change Online Course Website page.

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