



Navigating Change Online Course Content

Course Introduction

Navigating Change is a brief course that aims to help you to understand the impact of large or important changes. Adjusting to significant change doesn't happen instantly.

The concept of *Transition* provides a lens through which to view change, especially when we need to adjust to new and unfamiliar situations.

The course describes common life changes and their likely impacts. Understanding these impacts helps us to normalise experiences that could be disturbing and unfamiliar.

Understanding and navigating safely through the stages of change and transition helps us to embrace the final stage of *New Beginnings* with confidence and clarity.

Navigating Change course package comprises four videos to watch online, workbook and PDFs of slides to download, and an assessment to complete and submit for a certificate of completion.

Therapists can draw on the materials to assist their clients, but please reference them.

Total viewing time for the course is 61-minutes.

Module 1: Introduction to Change

Gives some examples of common changes. Explains aspects of change, attitudes towards change, the concept of *Transition* and the problems of *transition failure*.

Video time: 20 minutes 51 seconds.

Module 2: Endings

Explains the concept of *Endings* and the 5 stages of Endings.

Video time: 15 minutes 48 seconds.

Module 3: The Neutral Zone

Describes and explains the *Neutral Zone*, including feelings, effects and possible experiences.

Video time: 10 minutes 21 seconds.

Module 4: New Beginnings

The final stage of Transition, where we have safely moved through change and are ready with joy and anticipation for something new – the next chapter in our lives.

Video time: 12 minutes 14 seconds

Course Conclusion

Understanding change and the need for change helps us to navigate it effectively and emerge safely, ready to embrace and appreciate the challenges and potential delights of New Beginnings.