

Understanding and overcoming change fatigue

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Workshop overview:

Flexible working, generative AI, and a multi-generational workforce - workplaces are changing at a pace our teams have never experienced, and change fatigue is the inevitable result. Managing change fatigue can feel complex, uncomfortable and place leaders themselves under stress. Leaders who can understand change fatigue, can reduce the negative impacts of change and ensure better outcomes for people and projects. Join us in this practical workshop to explore a change fatigue case study, and build practical skills to prepare, plan and thrive in change. Learn how to understand change fatigue, assess the risks of your current change approach and learn how to support your team moving forward.

Key learning outcomes:

Identify change fatigue indicators/levels for yourself and others

- Identify and assess key risks in your current change approach
- Prepare and plan to reduce change risk and fatigue
- Understand how to support your team in practical ways