

ULLIANCE HUMAN EFFECTIVENESS TRAINING

Readiness to Change

Ever feel like you are stuck in a “rut” professionally or personally? Do you find it challenging to change certain aspects of your life that make you unhappy? This action-oriented, motivational workshop teaches you how to push through that emotional wall, set tangible goals, map out a plan and follow through in order to embrace significant changes in your life.

Types of Change

- Reactive
- Proactive

Stages of Change

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance

How to Make Change

- How you think
- How you talk
- What you do

S.M.A.R.T. Goals

- Action plan

