



## Appreciate the Fog During Change

---

You are in the middle of massive change. You may be experiencing feelings of powerlessness and being overwhelmed, fear of what the future holds, and mood swings. It's also natural to feel resistance to what is happening to you. All of these can create fog that impairs your ability to maintain your direction and cope with what is happening. Yet you also want to perform competently, cope adequately, and present yourself to others in the best possible light.

This workshop enables you to identify factors that create fog in your life and when you are reacting to threats (Fight, Flight, Freeze and Fabricate). It also introduces and enables you to practice power-based responses (Assert, Attend, Act and Authenticate) that enable conscious, purposeful and productive choices, behaviours and actions.

### Workshop Benefits

By taking this workshop you will:

- Recognise when you are being affected by the fog of change that reduces your clarity and impairs your performance
- increase your awareness of when you tend to react to situations
- develop an awareness of power-based responses and how to start using them
- learn and practice, in a safe environment, strategies for dealing with change.

### Target Audience

Everyone who wants to respond to change with increased confidence and emotional stability, and consciously create better long-term results.

### Syllabus Overview

---

#### **The Fog of Change**

- What is fog?
- Sources of fog
- Change as a creator of fog
- Four threat reactions
- Four power-based responses

#### **Personal Application**

Using individual and group activities, you will explore how you react to change, and experience and practice approaches that strengthen your effectiveness amidst change.

### Duration

½ day

---

**Harrison International Ltd**  
PO Box 22-827  
Otahuhu, Auckland 1640  
New Zealand

**Phone:** +64 9 277-7756  
**Email:** [hlway@harrison.co.nz](mailto:hlway@harrison.co.nz)  
**Web Site:** [www.harrison.co.nz](http://www.harrison.co.nz)

*"Encouraging and developing business excellence"*