



Institute for Professional Excellence

Power Skills Series:

Change Agility

Turning Chaos into Competitive Advantage

The pace of change just broke the sound barrier and just dealing with it is not enough.

We're no longer living through occasional change; we're living inside a permanent state of motion. Reorgs hit quarterly. AI rewrites roles overnight. Entire industries vanish while you're still in the meeting.

In this reality, resilience isn't enough. The people who win are the ones who can pivot faster than the disruption itself, who treat uncertainty like fuel instead of threat, and who move from shock to strategic advantage before most people have finished complaining.

This 3-hour workshop hands you the exact operating system to make constant change your unfair advantage.

After completing this program, participants will be able to:

- Read your own brain's threat response like a dashboard and shut it down before it hijacks you
- Use the ADKAR model as a personal GPS to diagnose exactly where you (or the people around you) are stuck in any change
- Build an Agility Action Plan that turns dopamine into your secret change accelerator

Learn more: davenport.edu/ipex/management | 616.233.2589

Change Agility Topics

The Human Side of Change

Read your own brain's threat response like a dashboard and shut it down before it hijacks you.

- Learn why uncertainty literally registers as physical pain in your brain
- Meet your resistance archetype (and learn its kryptonite)
- Map the emotional rollercoaster so you never again get blindsided

The Framework

Use the ADKAR model as a personal GPS to diagnose exactly where you are stuck in any change.

- Turn the industry-standard ADKAR model into a personal diagnostic weapon
- Take a change you're facing and pinpoint the exact blockage
- Discover the one shift changes everything

Building the Muscle

Flip from 'this is happening to me' to 'I'm driving this' in seconds with proven reframing.

- Identify cognitive reframing triggers you can deploy in the moment
- Learn how to hijack your brain's reward system so change feels addictive, not exhausting
- Develop a simple playbook that makes change adaptation your default setting

This is not therapy or another change-management slide deck.

This is a high-intensity workshop that gives you the exact tools to stop fearing change and start using it to your advantage.

Who Should Attend

- Change leaders
- Professionals who are one re-org away from burnout
- High-performers who refuse to be the one who says, 'This is how we've always done it'

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