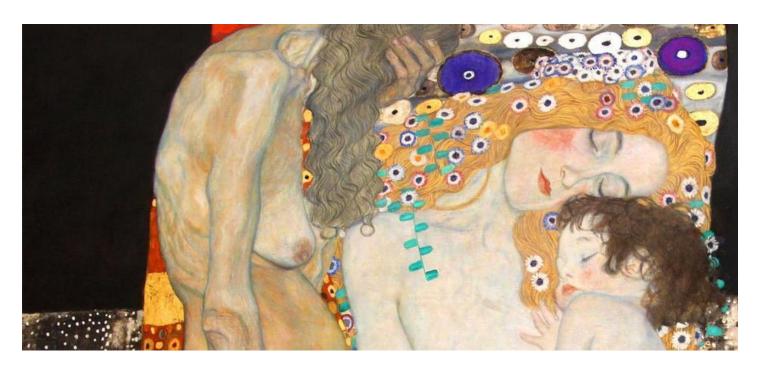# Transitions are life's juicy moments

- Whether we like them or not, we can't avoid them
- Transitions are part of the change, they connect our past with our future
- Knowing how to deal with transitions allows us and our teams to speed our learning, be focused in the moment while designing our future

What are you talking about, when we talk about transitions?

From the Oxford dictionary: *«The process or a period of changing from one state or condition to another.»*

The way we navigate transitions creates our new normal.

Content

- Learn to detect transitions for us and for the team

- Identify the three elements of transitions

- Create our new normal for greater impact and shape the future we want for us and the team

- Manage transitions:
  - Tool and techniques to greater focus, further impact and effectiveness

Sample Agenda

The two Modules focus on how to deal with transitions as individuals and Manager: they provide a framework and a set of practical tools to successfully face personal and professional transitions and to support the Team to navigate transitions

Module 1 - TRANSITION FRAMEWORK		Module 2 – HOW TO DEAL WITH THE NEW NORMAL	
10:00-10:15	Welcome and introduction	10:00-10:15	Recap previous module and home assignments discussion
10:15-10:50	The three elements of transitions	10:15-10:30	Manage transition related stress
10:50-11:00	Break	10:30-10:50	Who do I want my team to be at the end of the transition: pair sharing
11:00-11:30	Which stage of the curves am I living? And my team? Individual work and pair sharing	10:50-11:00	Break
11:30-11:45	How to navigate transitions to successfully land in the new normal	11:00-11:30	Tool and techniques to navigate transitions: feedforward, peer consultation
11.45-12:00	How to navigate transitions: increasing focus and clarity	11:30-12:00	Building new routines to ground the change at the end of the transition

Programme

- Two modules, each 2 or 3 hours long
- Modules one week apart
- Individual work and group coaching