LEADERSHIP & STRATEGY

LE52-1 Leading Through Change and Building Resilience

Change is constant in modern organisations and the ability to navigate it effectively — while maintaining performance, supporting others and sustaining personal resilience — is one of the most important skills a professional can develop. This practical one-day programme explores how change impacts individuals and teams and equips participants with the mindset, tools and strategies to respond constructively rather than reactively. The course builds personal resilience, develops adaptability under pressure and provides practical approaches to support colleagues and teams through periods of uncertainty and transition.

Course Information

Duration: 1 day

London (£795): 21st September 2026, 25th January 2027, 24th May 2027, 27th September 2027, 17th January 2028

Companies nominating 3 or more delegates to attend the same programme will enjoy a special discount on the course fees.

Upon completion of one of our CPD certified courses, delegates will be awarded both an LMC certificate and a CPD certificate. No examination required.

Who is the course suitable for?

This course is suitable for professionals at all levels who are experiencing or leading change within their organisations. It is particularly valuable for managers, team leaders, and individuals working in fast-paced or evolving environments who need to maintain performance while adapting to new demands.

Course profile

Understanding Change and Its Impact

- Key drivers of organisational change and how they affect individuals and teams
- The change curve and common emotional and behavioural responses to change
- Identifying personal resilience barriers and understanding what undermines adaptability
- Developing a resilient mindset and the foundations for sustained performance

Building Resilience and Leading Through Transition

- Practical resilience tools including boundaries, focus, energy management and recovery
- Applying techniques to manage stress and sustain wellbeing under pressure
- Communicating effectively and supporting colleagues through uncertainty
- Fostering a resilient, adaptable team culture
- Developing a personal action plan for navigating change

Competencies

At the end of this course, delegates will be able to:

- Understand how organisational change affects individuals and teams
- Recognise personal responses to change and manage them constructively
- Apply practical techniques to build and sustain personal resilience
- Maintain performance and focus during periods of uncertainty and pressure
- Adapt behaviours to respond positively to evolving workplace demands
- Support colleagues effectively through change and transition
- Implement strategies to sustain wellbeing and long-term effectiveness at work

Course Booking

Call us: +44 (0) 207 724 6007

Email us: training@lmcuk.com

www.lmcuk.com

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