

All times noted are in Eastern U.S. (Boston, MA) time zone.

Day 1

9:00AM - 12:00PM

- Introductions and overview.
- Understanding disruptive change and its demand for transitions: What are some of your biggest challenges during this time of change?
- Introduction to the Transition Curve Framework.
- Mapping exercise: Where are you on each element of the curve (adjustment, learning, and emotional response)?

12:30 - 1:00PM

- Virtual networking lunch (optional)

1:00-4:00PM

- Managing the behavioral, cognitive, and emotional arcs of individual transitions.
- Experiencing the transition process.
- Charting your personal transition journey.
- Integration and reflection: review and discuss graphic illustrations from today's sessions.

Day 2

9:00AM -12:00PM

- Framing the role of a leader in times of transition
- Managing the human side of transitions as a leader
- Exploring and applying organizational role analysis
- Managing social defenses during times of transition
- Mapping your team on the transition curve
- Building a believable bridge from the past to the present and into the future.

12:30 - 1:00PM

- Virtual networking lunch (optional)

1:00 - 4:00PM

- Overcoming organizational resistance to transformational transitions
- Creating organizational support at each stage of the transition curve
- Sustaining psychologically safe and compassionate transition cultures
- Identifying and engaging in positive transitions at home and in communities.
- Integration and reflection: review and discuss graphic illustrations from today's sessions.
- Identifying a few role-related changes you commit to making.

Subject to change.