



Ciara provided exceptional value for our community, we look forward to having her back!

CHANGE MANAGEMENT INSTITUTE



ESCAPE CHANGE FATIGUE

The team really enjoyed all the insights and learnings in what is a key topic, especially after what has been an unprecedented year of change.

PEPPER MONEY FINANCIAL SERVICES



IDEAL FOR TEAMS ON THE BRINK OF BURNOUT

In an ever-changing and uncertain world, teams have been stretched to keep up with business transformation and change efforts. Constant learning, unlearning and relearning new people, process and technologies has resulted in stress, overwhelm and change fatigue.

SESSION OVERVIEW

It has been a huge year and your team are looking for respite and compassion for the new normal realities at work.

In this compelling presentation, audiences will discover:

- The 6-steps to escape change fatigue and build resilience
- How to recognise change fatigue and burnout risks and realities
- Why courageous conversations with yourself and others are critical
- How to rise above the chaos and be accountable and intentional

WATCH TOPIC VIDEO

Visit the website to watch the 2-minute video overview of this highly relevant and relatable conference keynote and team topic.

Connect with Ciara Lancaster
REIMAGINECHANGE.COM