

## Change transition workshop

**Building people cope with big life changes (personal/ professional) & transition faster from a negative to neutral to a positive state of mind through theater puppetry-based story telling**



**Do you want yourself to cope faster  
with external/ internal personal &  
professional changes ?**



## CHANGE TRANSITION WORKSHOP

**As Change is quick, but  
transition in our mind to a  
positive state takes time**

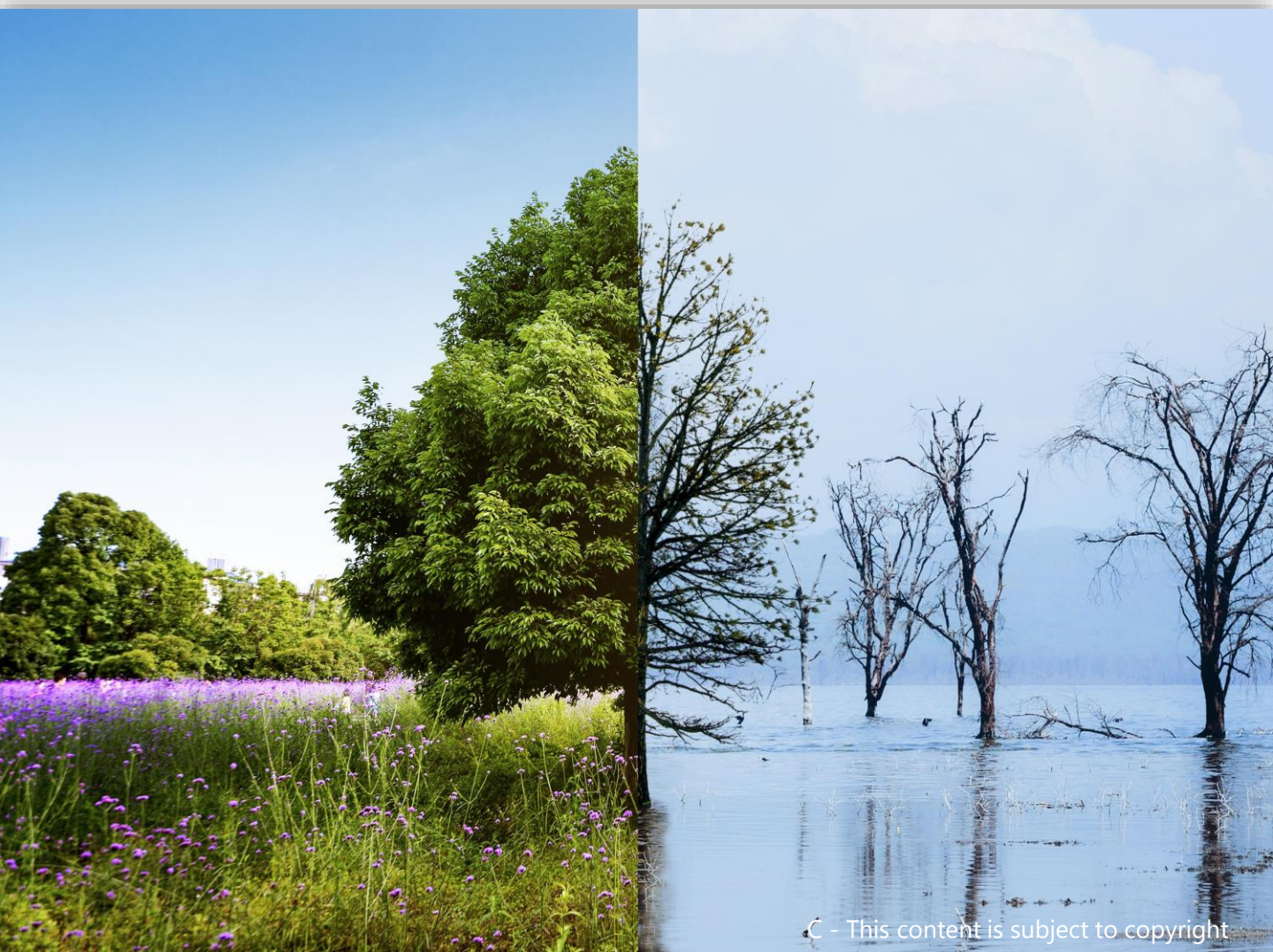


# Change transition workshop

## We help you :

- **Cope with big changes of life (personal/ professional)**
- **Transition faster from a negative to neutral to a positive state of mind**

**We do it through customized theater puppetry-based solution story telling crafted by the participants during the workshop.**



# Change transition workshop

In this workshop we use design thinking techniques, heater tools like puppetry jingle, movie, puzzle, mix & match, relay race, treasure hunt.



# Change transition workshop



## Learning objective

## Performance objective

Name the 7 dynamics of change, explain why do people resist change.

Analyze the 7 dynamic & why people resist change in a change situations.

Describe what is change vs change transition. Discuss the change transition curve & contrast the different stages of change.

Categorize the impact of the different stages of change for a change situation.

Define & list various ways to destress.

Use ways to destress during change situations.

Compose ideas to transition faster for different stages of change.

Invent relevant ideas & actions to transition faster from negative, neutral to positive stage of change for a change situation.

# Change Transition workshop

## Change transition workshop final output

### Cocreated version 1 of

### Puppetry based musical jingle

...covering the journey of moving from a negative to a neutral to a

....positive state of mind faster in a change situation





**Do write to our genie :**

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**'Change Transition workshop'**

