



THE UNIVERSITY OF  
SYDNEY

# Change Management for Projects Course: Core Skills

*Centre for  
Continuing Education*



# Change Management for Projects Course: Core Skills



Learn the basics of change management and gain practical experience with planning and implementing change.

This practical change management course will show you how to develop a change plan, select an appropriate change model, and apply the model to case studies and real-life scenarios. You will also learn to post-evaluate to take corrective action where necessary to refine and reinforce the change process.

## Intended audience

This course is suitable for anyone involved in managing a change process, whether this be on an organisational-wide level or within a team setting. In particular, the course is designed for:

- Change Managers
- Team Leaders
- HR Advisors and Managers
- Project Managers
- Project Coordinators
- Communication Advisors and Managers
- Change Champions
- Executive Officers
- the 'accidental' change manager
- anyone in a position involved in change management.

## Prerequisites

None.



### Course duration

1 session, 8 hours total



### Time

9am - 5pm



### Format

Face-to-face

or

Online in real-time



### Dates

Browse available  
[course dates](#)



### Upon completion

Every participant receives a University of Sydney certificate of completion.



## Aims

This course aims to introduce you to a range of change management models and provide first-hand, practical experience with planning and implementing change in projects and as part of your everyday work.



## Outcomes

By the end of this course, you should be able to:

- support and lead others through the change management curve
- define, plan and implement a change initiative
- measure change readiness and the effectiveness of change
- develop skills to persuade and influence others, have difficult conversations and drive a positive culture within your team
- describe the psychology of change, change fatigue, organisational culture and different models and approaches to change management.



## Content

### Why change?

- What makes culture and change important?
- The psychology of change
- Models of leading change

### Plan and implement change

- Change and communications plan
- Change readiness and effectiveness assessment
- Strategies and interventions to deliver change, including a training needs analysis, training plan and coaching plan

### Develop your change toolkit

- Challenging and constructive conversations to effectively deliver change on the ground
- Emotional self-regulation
- Personality traits and learning styles
- Leading change, for e.g. being the change you want to see
- Positive psychology interventions including reflective practice

### Change models

- The human factors that make change so difficult (Kubler Ross change curve)



## Organisational training and development

This course can be delivered as a private session for groups, and tailored to meet the needs of your business. Contact us to discuss our range of organisational training solutions.

[Learn more](#)



## Delivery style

This one-day course focuses on experiential learning. Content is broken into 10-15 minute blocks and immediately followed by group activities where the theory is put into action.

A range of interactive methods will be used including:

- storytelling and the use of professional examples to exhibit concepts
- self-reflection and group discussions
- case studies where the concepts are actively applied
- individual and team activities and presentations
- suggested readings for after training.

## Materials

You will receive course materials with case study activities and sample templates for your toolkit.



*“Hearing the experiences of the participants was great, but the presenter’s depth of knowledge and ability to relate to and involve everyone was exceptional. I thoroughly enjoyed the course and look forward to attending another course with you.”*

**Rebecca Francis**



*“The facilitator was informative, supportive, and engaging. It was a great class with many effective discussions and insights. I would recommend it to anyone looking to improve their skills and knowledge in project and change management.”*

**Nicole Shepherd**



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**SYDNEY**

We recognise and pay respect to the Elders and communities – past, present, and emerging – of the lands that the University of Sydney's campuses stand on. For thousands of years they have shared and exchanged knowledges across innumerable generations for the benefit of all.

**Empower ambition,  
*inspire leadership***

**For more information**

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