



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.



Upon completion

Every participant receives a University of Sydney certificate of completion.



Course duration

1 session, 8 hours total



Time

9am - 5pm



Format

Face-to-face
or
Online in real-time



Dates

Browse available
[course dates](#)



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.”

Nicolle Shepherd



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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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