Managing Change for Organisation Transformation

Lead Change with Awareness, Adaptability and Recovery

Transformation rarely fails on strategy. It fails on the human side: the fatigue, the quiet resistance, and the capable people who stop trying because the last change never stuck.

This programme applies Emotional Intelligence, Growth Mindset and Resilience to that human side of change. Managers learn to regulate their own reactions, read what their teams are feeling, reframe setbacks as information, and build habits that hold momentum through uncertainty.

What Participants Will Explore:

- Why capable teams resist change even when they agree it is needed
- Your own triggers under pressure, and what they cost those around you
- How to read and respond to what a change surfaces in your team
- Turning setbacks and failure into usable information, not blame
- Habits, team language and safe AI reflection prompts that sustain momentum

SNEF
SINGAPORE NATIONAL EMPLOYERS FEDERATION

emerge
CONSULTING

Programme: Managing Change for Organisation Transformation

Target Audience:
- Managers and team leaders
- Employees in people-facing roles
- Teams navigating change or pressure
- Leaders seeking to strengthen growth-oriented cultures

Training Dates:
1) 21-22 Jan 2027
2) 22-23 Apr 2027
3) 23-23 Jul 2027
4) 21-22 Oct 2027

Programme Fees:
SGD$1,035.50 per pax
(inclusive of 9% GST)

TIME: 9am to 5pm

VENUE: SNEF @ Paya Lebar Square

Take the Next Step to Future-Ready HR
Join us in our public-run workshops or contact us to explore a customised in-house session tailored to your team.

Darren Lim
DID: (65) 6827 6930
Office: (65) 6827 6927
darren_lim@snef.org.sg

Key Learning Outcomes:

By the end of the workshop, participants will be able to:

- Recognise emotional triggers and behavioural patterns
- Strengthen regulation, resilience and recovery habits
- Practise empathy, listening and relationship management
- Reframe setbacks, failure and feedback
- Build growth-oriented team language and habits
- Use AI reflection prompts safely for personal development

Lesson Outline:

A 2-day practical workshop built around self-awareness diagnostics, reframing practice and a personal habit plan, with optional clinics and coaching to sustain the change back at work.

Day 1

- Science of EQ, self-awareness and triggers
- Neuroplasticity, habit loops and personal regulation
- Empathy, active listening and social awareness
- Relationship management and difficult conversations

Day 2

- Fixed vs growth mindset
- Cognitive reappraisal and reframing
- Failure, feedback and experimentation
- Personal practice plan and optional microlearning

Optional Layers

- 45/60-day 2-hour virtual application clinic
- 1-on-1 coaching integration

SNEF
SINGAPORE NATIONAL EMPLOYERS FEDERATION

emerge
CONSULTING