REAL SUCCESS
CERTIFICATION TRAINING

NAVIGATING CHANGE: FACING THE PAIN PROBLEM

How to recognize & reduce the hidden costs of constant change to reclaim lost time, energy & effective execution

WHO IT'S FOR

Leaders, teams and organizations who want to get better at navigating constant change, adversity, uncertainty, and the competing demands of work and home life.

WHY IT MATTERS

A proactive investment in mental health, emotional intelligence, and individual well-being that supports operational excellence. Increase understanding, improve communication, and strengthen resilience and resourcefulness, at work and at home.

DELIVERY OPTIONS

Typically delivered as an interactive, in-person half- to full-day training session.

Alternative workshop, breakout and virtual formats available upon request.

UPON COMPLETION

Participants receive certification in the REAL Success Framework for Navigating Change.

For Bookings: (519) 280-8301 kb@realsuccessnavigator.com