



Consulting and Training | Reach New Heights

**Course Name**

# Agility & Adaptability to Change

---

**Sector Name**

Interpersonal Skills and Self Development

**Document Type**

Generated by Boostlab

[Click Here To Visit Course](#)

ABU DHABI: +971 2 449 6000

ABU DHABI: +971 50 412 3294

DUBAI: +971 4 888 6787

KSA: +966 56 416 0617

EGYPT: +20 127 111 1770



## Agility & Adaptability to Change

### Course Introduction

Our highly practical program will focus on familiarizing employees with basic concepts necessary to understand the process of coping with change and how to adapt efficiently to it, and will also equip them with some effective tools, skills, and knowledge for understanding resistance and communicating change the right way. Agility and flexibility are some of the most powerful capabilities the newcomers need to succeed... In this program, they will learn the different methodologies to develop their Agility to adapt to and to facilitate achieving serious changes.

ABU DHABI: +971 2 449 6000  
ABU DHABI: +971 50 412 3294  
DUBAI: +971 4 888 6787  
KSA: +966 56 416 0617  
EGYPT: +20 127 111 1770

[Click Here To Visit Course](#)

## Agility & Adaptability to Change

### Target Audience

- ✓ Corporate Leaders and Managers
- ✓ Entrepreneurs and Small Business Owners
- ✓ Mid-level Employees
- ✓ Cross-functional Teams

ABU DHABI: +971 2 449 6000  
ABU DHABI: +971 50 412 3294  
DUBAI: +971 4 888 6787  
KSA: +966 56 416 0617  
EGYPT: +20 127 111 1770

[Click Here To Visit Course](#)

## Agility & Adaptability to Change

### Learning Objectives

- ✓ Explore what change is and why some organizations fail in coping with change.
- ✓ Discover the different responses to change and how to handle them.
- ✓ Understand why people are afraid of change and use behavioral techniques to overcome potential resistance.
- ✓ Adopt a proper attitude towards change by getting familiarized with the famous Change Theories
- ✓ Recognize How to Survive Change You Didn't Ask For
- ✓ Recognize effective tools to cope with Volatility, Uncertainty, Complexity & Ambiguity.
- ✓ Identify tools to incorporate agility into your weekly practices

ABU DHABI: +971 2 449 6000  
ABU DHABI: +971 50 412 3294  
DUBAI: +971 4 888 6787  
KSA: +966 56 416 0617  
EGYPT: +20 127 111 1770

[Click Here To Visit Course](#)

## Agility & Adaptability to Change

### Course Outline

#### ✓ **01 Day One**

##### **Why Change**

- ✓ What's Change and why is it important nowadays to embrace change?
- ✓ Why do organizations fail in implementing change?
- ✓ What are the various types of change?
- ✓ What are the various phases of growth?
- ✓ What's the Change impact on organizations?

##### **How Change affects people**

- ✓ How do people respond to change?
- ✓ What goes through people's minds when they are confronted with change in different stages?
- ✓ How ideas spread, and what does this mean for coping with change?
- ✓ Kübler-Ross' change curve
- ✓ How to Survive Change You Didn't Ask For

ABU DHABI: +971 2 449 6000

ABU DHABI: +971 50 412 3294

DUBAI: +971 4 888 6787

KSA: +966 56 416 0617

EGYPT: +20 127 111 1770

[Click Here To vist Course](#)

## Agility & Adaptability to Change

### Course Outline

#### ✓ 02 Day Two

##### **Thrive in VUCA**

- ✓ Understanding the VUCA world Concept
- ✓ How does the VUCA World affect our daily life
- ✓ VUCA impact on business decisions
- ✓ Using effective tools to overcome sudden changes

##### **Agility & Flexibility**

- ✓ The fine line between Agility, Flexibility & Adaptability
- ✓ Knowing what agility is and why it is important
- ✓ The need for agility in today's workforce
- ✓ Agility's five components
- ✓ The privilege of Neuroplasticity

ABU DHABI: +971 2 449 6000

ABU DHABI: +971 50 412 3294

DUBAI: +971 4 888 6787

KSA: +966 56 416 0617

EGYPT: +20 127 111 1770

[Click Here To vist Course](#)

## Agility & Adaptability to Change

### Course Outline

#### ✓ **03 Day Three**

##### **Unlocking Agility**

- ✓ Incorporating agility into your weekly practices
- ✓ Understanding the difference between Coping with change and agility
- ✓ Creating an agile workplace environment

##### **From Ambiguity to Agility**

- ✓ How VUCA Affects the Business?
- ✓ Tools to control your mind and direct it towards positive avenues
- ✓ Business agility outcomes
- ✓ Agility and career growth

ABU DHABI: +971 2 449 6000

ABU DHABI: +971 50 412 3294

DUBAI: +971 4 888 6787

KSA: +966 56 416 0617

EGYPT: +20 127 111 1770

[Click Here To vist Course](#)

## Agility & Adaptability to Change

### Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
May 2, 2027	May 4, 2027	3 days	3250.00 \$	KSA , Riyadh
Aug. 24, 2026	Aug. 26, 2026	3 days	3250.00 \$	UAE , Abu Dhabi
Nov. 2, 2026	Nov. 4, 2026	3 days	3250.00 \$	UAE , Dubai
March 15, 2027	March 17, 2027	3 days	3950.00 \$	South Africa , Cape Town

ABU DHABI: +971 2 449 6000  
ABU DHABI: +971 50 412 3294  
DUBAI: +971 4 888 6787  
KSA: +966 56 416 0617  
EGYPT: +20 127 111 1770

[Click Here To vist Course](#)

info@boostuae.com info@boostorg.com

Generated by BoostLab •

