



# Change is Inevitable

**"Adapting to it, often Heard,  
rarely practiced!!!!"**

Change in our lives is mostly reactive, triggered by crisis, a choice or just by chance. In either situation, we must make a choice – do we make the change, or not?

SHIFT is a simulation that focuses on REMOVING 4 main traps - such as Comfort Zone / Fear Zone/ Habits Zone & Analysis Paralysis Zone. This often stands between us and our true potential.

This experience will stretch participants to make decisions that challenge these restraining forces and will learn new remedial strategies inspired by thought leaders such as David Gleicher, Rick Maurer, Charles Duhigg, John Kotter & Stephen Covey.

It will inspire participants to leverage change as a key differentiator to stay relevant in today's competitive landscape.

This unique learning experience will instill amongst the participants various pragmatic tools and techniques to embrace change and overcome resistance from within.

*"Our Resilience can only Grow Stronger when we  
D'ont Procrastinate"*



**Shift**  
by HDX  
Adapting to Change

*'Breaking the traps and  
embarking on a  
journey towards new  
opportunities'*

## PROGRAM OUTCOMES

**Taking New Actions NOW:** Participants will learn new proven strategies to challenge status quo. They will take specific actions to battle comfort zone to create high performance culture.

**Moving Beyond Fear:** They will become more confident, creative and effective in their personal and professional interactions. They will start creating value, instead of freezing with excessive fear.

**Creating Sense of Urgency:** They will experience challenges and their remedial strategies to improve efficiencies within themselves and their key stakeholders

**Shift of Paradigm "Change Can Be Fun":** Participants will clearly discover that change can be liberating and enables higher productivity & creativity.

**Business Impact:** Every participant will commit to behavior shift and articulate specific action plans with qualitative or quantitative deliverables to create value for the organization.



**PARTICIPANTS**

**4 to 12**



**GAMINAR  
VERSION**

**8 Hours**

(Several sessions)

**CLASSROOM  
VERSION**

**1 Day**

## BUSINESS IMPACT



Enhanced engagement as an individual contributor



Proactive in anticipating & embracing change



Reduction in disagreements and potential conflicts related to change



Taking ownership of higher efficiency and productivity



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