

ULearnIT Featured Resource

Redefining Yourself After Organizational Change

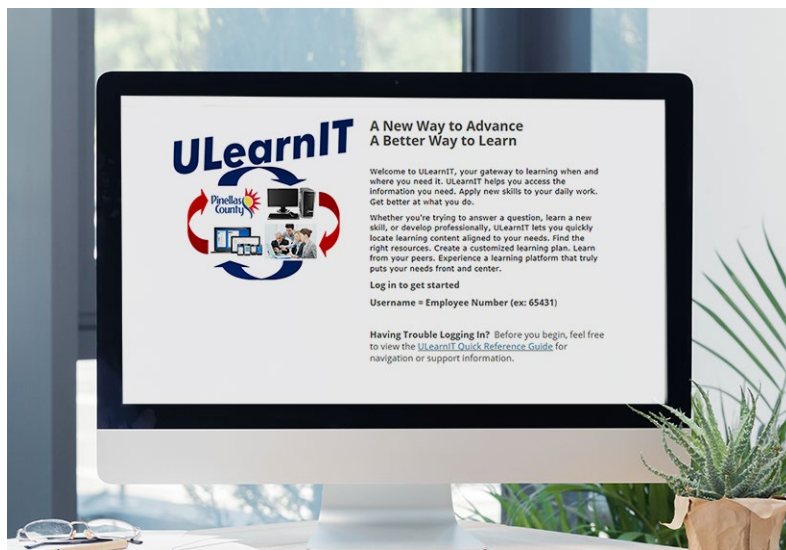
Organizational change is inevitable, so you need to be resilient and adapt to the new opportunities it presents. It's important to not just survive organizational change. With resilience, flexibility and perseverance, you can thrive in it and propel your career forward.

In this course, you will learn the importance of adapting to organizational change, as well as the essential skills needed to handle it. The course details the best practices of building self-motivation and introduces the idea of reframing as a coping method. You'll learn to turn resistance to change into acceptance. Finally, this course covers the importance of capitalizing on the career opportunities presented by organizational change.

29 minutes

[Link to the Featured Resource](#)

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