

# How can we fully embrace the benefits of change?

## Embracing Change

Overcome Uncertainty. Unlock Growth. Lead with Confidence.

Change is the only constant—political shifts, social trends, and industry disruptions all demand that businesses adapt or get left behind. Yet, navigating change can feel overwhelming, triggering resistance and uncertainty at every level. So how can you and your team embrace change as a driver of progress, not a barrier?

This interactive session creates the space and structure to unpack why change feels so unsettling—and empowers you with practical tools to manage it thoughtfully and effectively. Through guided reflection, real-world examples, and actionable exercises, you'll learn how to turn obstacles into opportunities and lead your business forward with clarity and confidence.

### Understand the Nature of Change



Gain insights into why change triggers discomfort and how to reframe your mindset for resilience.

### Overcome Resistance



Learn strategies to break through individual and organisational barriers that block progress.

### Develop Actionable Plans



Walk away with clear steps to manage transitions smoothly and drive continuous improvement.

### Engage & Inspire Your Team



Discover ways to communicate change effectively and motivate people to embrace it together.

# Face change, beat fear, grow strong.

*facilitated by Anouchka Sooriamoorthy*

How it  
works?



## Understanding Barriers to Change

Insights into the psychological and cultural factors that create resistance and how to address them with clarity and resilience.



## Turning Change into Opportunity

Practical tools and frameworks to transform periods of transition into moments of growth and collective motivation.



## Navigating Uncertainty with Confidence

Strategies to strengthen your sense of agency and make clear, informed decisions in unpredictable environments.



## Leading with Purpose

Skills to inspire trust and guide teams through change with confidence, clarity, and vision.

## Who should attend?

**This masterclass is ideal for entrepreneurs, business owners, team leaders, and managers who:**

- Want to navigate constant change with greater confidence and clarity.
- Need practical tools to overcome resistance and manage transitions effectively.
- Are looking for proven strategies to engage teams and sustain momentum during times of change.

Embrace change as an opportunity – lead your business forward with resilience and purpose!

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## Get in touch



Venue: Turbine, Les Kocottes

11 NOVEMBER 2026 | 8:30 - 12:30



Normal Price: MUR 9,000

Price after HRDC: MUR 2,700

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