



Academic Year 2022-2023 – GG3  
Managing Transitions:  
Endings & Beginnings Workshop  
and Group Coaching

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### Course Description

The course provides the fundamentals to manage personal and organizational transitions with a coaching approach and following a proven process inspired by the latest managing transition models. With a structured approach, and through individual and group exercises, participants will experience what **managing a transition** means and how their emotional intelligence, their values and their inner dimensions contribute to a successful and significant outcome.

### Teaching Method

- 4-hour E&B Workshop: this workshop will be mostly experiential, alternating the facilitators' interventions to introduce the concepts and the participants' discussions and exercises, both in plenary and in sub-groups, to translate the theory into real life and personal experience.
- 2 Group Coaching Sessions (Follow Up – 2 hrs each): these sessions will be conducted following the group coaching methodology, to recall and review the outcomes of the E&B session, verify the action plans and build on the mutual support participants can provide.

### Schedule of Topics

Topic 1	- Understand how we behave and react as human beings when we are dealing with a personal and organizational change and transition;
Topic 2	- Know the three phases of Transition according to the Bridges' Model and give participants the opportunity and support to verify where they are in their Transition process (specifically in view of the completion of the BA/GC course and of the relevant challenges and opportunities);
Topic 3	- Have the tools and skills to define and identify the real Endings brought by the inevitable change (in this case the completion of their GG/B.A.) and to effectively approach their possible new Beginnings
Topic 4	- Experience the role of values in managing transitions and be familiar with a method which enables people to manage their present and future changes and transitions

### Suggested Readings

A few days before the E&B workshop participants will receive by email a “welcome kit” with the instructions and relevant questions which will facilitate a smooth and effective participation to the course.

### Maximum number of students accepted

40

### Contact

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By appointment.