

# Change Management Workbook

INTRODUCTORY COURSE

Lesson 1: Course Overview

## Course Overview

Throughout this course, you can use this workbook to help you apply what you learn.

To make the most of this course, be prepared to take notes in your Workbook.

Start by getting your Workbook ready to take notes.

Remove all distractions while watching the videos.

Before completing each lesson, take a few minutes to apply what you learn to relevant situations.

The workbook includes prompts to help you apply what you learn to relevant situations.

The workbook concludes with a Personal Reflections section to internalize what you are learning.

Some lessons include a Knowledge Mastery quiz to check your understanding of key concepts.

We want you to make the most of this learning opportunity!

## Course Overview

### Personal Reflections

1. What are you hoping to learn from this course?
2. What specific situations are bringing significant changes at work or in life?
3. What are the potential benefits and risks of making these changes successfully?