



Me and Change

Learning summary	This learning focuses on how change affects individuals and support tools that can be applied.
Learning aims	The aim of this learning is to develop learners understanding of how change could affect them. It will help them to manage their response to change in a positive and constructive way. The learning also covers the behaviours that relate to change and a learners approach.
Learning objectives	Learners will be able to: • Understand how change might affect them • Identify some approaches to support themselves through change • Explore behaviours relating to change



Applicable audiences	This learning is suitable for all learners
Pre-requisites	There are no pre-requisites required for this learning
Delivery method	This learning is delivered by eLearning
Duration	This learning will take approximately 40 minutes to complete
Materials and resources required	Learners should have access to a computer, tablet or smartphone with an internet connection
Refresher	This learning should be completed as required