



# Anders Hedin

## Learn to love change

In the lecture “LEARN TO LOVE CHANGE”, Anders guides us through the four phases of a change process in an educational and engaging way. He provides us with constructive tips and tools on how to successfully deal with change. Anders also explains what a change curve looks like and how we can go through the change process more efficiently. If we utilize our skills of how to manage change rather than relying on what we previously did, we will become more competitive and have more fun at work. In Anders own words: “Who are the future winners? Those who are the strongest? No. Those who are the fastest? No. Is it those who are good at copying what they did yesterday? No. The winners are those who most skillfully handle change. If we do not actively alter and develop our business, and ourselves, how will we be perceived?” In this lecture you will also receive practical advice on how to keep your motivation high while facing a challenging situation of change. A warning – you might start to long for change and you might even start to love it.

The goal of the lecture

- Increased understanding of the importance of change and development.
- Increased willingness to change.
- Increased motivation to change.

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## Insikt - Coaching Questions

1. Give an example of one or more changes that have affected you positively.
2. What benefits would you gain by attaining confidence in your ability to manage change?
3. In what areas do you need to change and develop in order to avoid stagnation?
4. What would you gain by taking the initiative in the changes you are involved in?
5. How do you stay motivated in the challenging process of change?