

LEADERSHIP & MANAGEMENT | COURSE BROCHURE

Change Agility and Personal Effectiveness

5 days | Classroom training | English

SMART HORIZON

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London W2 6BD, United Kingdom

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https://smarthorizon.uk



Course content

Why attend

Constant change demands people who adapt quickly, learn continuously and stay productive. This course helps professionals strengthen personal change agility: understanding their reactions to change, managing priorities when plans shift, learning new skills fast, working effectively with others through change and maintaining wellbeing.

Change is now the normal state of work. You will learn practical habits that help you stay effective and influential whatever changes come.

Professional Problems This Course Is Designed to Solve

• Difficulty translating subject knowledge into practical workplace decisions.
• Inconsistent approaches to the activities covered in the course outline.
• Lack of a structured plan for applying and reviewing new skills.

Course methodology

Self-assessments, reflective exercises, productivity techniques practice, peer discussions and personal action planning.

Course objectives

By the end of this course, participants will be able to:
• Understand personal reactions to change
• Build a growth and learning mindset
• Manage priorities in shifting environments
• Learn new skills quickly
• Collaborate and influence during change
• Protect wellbeing while adapting

Target audience

This course is suitable for:
• Professionals at all levels
• Team leaders
• Employees in organisations undergoing change
• Project team members
• High-potential staff



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Target competencies

Participants will develop competencies in:

- Adaptability
- Learning agility
- Prioritisation
- Collaboration
- Self-management

Course outline

Day 1: Understanding Change

09:00–10:08	The change curve
10:08–11:00	Personal change profile
11:00–11:30	**Coffee break**
11:30–11:45	Personal change profile (continued)
11:45–12:53	Control and influence
12:53–14:00	Exercise: change reflection

Day 2: Mindset

09:00–10:08	Growth mindset
10:08–11:00	Reframing setbacks
11:00–11:30	**Coffee break**
11:30–11:45	Reframing setbacks (continued)
11:45–12:53	Curiosity and learning
12:53–14:00	Practice

Day 3: Effectiveness in Shifting Priorities

09:00–10:08	Prioritisation methods
10:08–11:00	Focus and time
11:00–11:30	**Coffee break**



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11:30–11:45	Focus and time (continued)
11:45–12:53	Managing interruptions
12:53–14:00	Workshop

Day 4: Working with Others

09:00–10:08	Supporting colleagues
10:08–11:00	Influencing during change
11:00–11:30	**Coffee break**
11:30–11:45	Influencing during change (continued)
11:45–12:53	Communication
12:53–14:00	Role play

Day 5: Sustainable Effectiveness

09:00–10:08	Energy and wellbeing
10:08–11:00	Learning plans
11:00–11:30	**Coffee break**
11:30–11:45	Learning plans (continued)
11:45–12:53	Personal action plan
12:53–14:00	Peer commitments

The timings provided are estimates and may vary depending on the number of participants and the discussions taking place during the sessions. They are indicative only and do not constitute a binding commitment.



Course content

Dates, venues and fees

Current published course plans. Fees are per participant in GBP, excluding unconfirmed taxes.

Venue	Start date	End date	Fee (GBP)
Barcelona Confirmed dates	9 Nov 2026	13 Nov 2026	**£2,840.–**
Online Confirmed dates	9 Nov 2026	13 Nov 2026	**£1,250.–**
Rome Confirmed dates	23 Nov 2026	27 Nov 2026	**£2,450.–**
Online Confirmed dates	23 Nov 2026	27 Nov 2026	**£1,250.–**
London Confirmed dates	14 Dec 2026	18 Dec 2026	**£2,450.–**
Online Confirmed dates	14 Dec 2026	18 Dec 2026	**£1,250.–**
Cape Town Confirmed dates	18 Jan 2027	22 Jan 2027	**£1,890.–**
Online Confirmed dates	18 Jan 2027	22 Jan 2027	**£1,250.–**
Barcelona Confirmed dates	8 Feb 2027	12 Feb 2027	**£2,840.–**



Course content

Dates, venues and fees (continued)

Venue	Start date	End date	Fee (GBP)
Online Confirmed dates	8 Feb 2027	12 Feb 2027	**£1,250.–**
Dubai Confirmed dates	1 Mar 2027	5 Mar 2027	**£3,150.–**
Online Confirmed dates	1 Mar 2027	5 Mar 2027	**£1,250.–**
Amsterdam Confirmed dates	15 Mar 2027	19 Mar 2027	**£2,540.–**
Online Confirmed dates	15 Mar 2027	19 Mar 2027	**£1,250.–**
Vienna Confirmed dates	5 Apr 2027	9 Apr 2027	**£2,940.–**
Online Confirmed dates	5 Apr 2027	9 Apr 2027	**£1,250.–**
Frankfurt Confirmed dates	26 Apr 2027	30 Apr 2027	**£2,650.–**
Online Confirmed dates	26 Apr 2027	30 Apr 2027	**£1,250.–**



Course content

Dates, venues and fees (continued)

Venue	Start date	End date	Fee (GBP)
Paris Confirmed dates	17 May 2027	21 May 2027	**£2,860.–**
Online Confirmed dates	17 May 2027	21 May 2027	**£1,250.–**
Rome Confirmed dates	7 Jun 2027	11 Jun 2027	**£2,450.–**
Online Confirmed dates	7 Jun 2027	11 Jun 2027	**£1,250.–**
Vienna Confirmed dates	21 Jun 2027	25 Jun 2027	**£2,940.–**
Online Confirmed dates	21 Jun 2027	25 Jun 2027	**£1,250.–**
Kuala Lumpur Confirmed dates	12 Jul 2027	16 Jul 2027	**£1,450.–**
Online Confirmed dates	12 Jul 2027	16 Jul 2027	**£1,250.–**
Dubai Confirmed dates	2 Aug 2027	6 Aug 2027	**£3,150.–**



Course content

Dates, venues and fees (continued)

Venue	Start date	End date	Fee (GBP)
Online Confirmed dates	2 Aug 2027	6 Aug 2027	**£1,250.-**
Cape Town Confirmed dates	23 Aug 2027	27 Aug 2027	**£1,890.-**
Online Confirmed dates	23 Aug 2027	27 Aug 2027	**£1,250.-**
Rome Confirmed dates	13 Sept 2027	17 Sept 2027	**£2,450.-**
Online Confirmed dates	13 Sept 2027	17 Sept 2027	**£1,250.-**
Istanbul Confirmed dates	27 Sept 2027	1 Oct 2027	**£2,650.-**
Online Confirmed dates	27 Sept 2027	1 Oct 2027	**£1,250.-**
London Confirmed dates	18 Oct 2027	22 Oct 2027	**£2,450.-**
Online Confirmed dates	18 Oct 2027	22 Oct 2027	**£1,250.-**



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Dates, venues and fees (continued)

Venue	Start date	End date	Fee (GBP)
Dubai Confirmed dates	8 Nov 2027	12 Nov 2027	**£3,150.-**
Online Confirmed dates	8 Nov 2027	12 Nov 2027	**£1,250.-**
Cape Town Confirmed dates	29 Nov 2027	3 Dec 2027	**£1,890.-**
Online Confirmed dates	29 Nov 2027	3 Dec 2027	**£1,250.-**

Plan your next step

Dates, availability, exact venue, taxes, inclusions and payment terms require written confirmation. This brochure is not a quotation, registration, booking confirmation or visa invitation. Participants receive a Smart Horizon UK certificate of attendance; programmes are not externally accredited and do not award a professional qualification or designation. Confirm arrangements before booking travel.

For group or in-house training, contact our learning team to discuss your objectives and delivery arrangements.

Contact Smart Horizon

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View the latest course details online