



LEADERSHIP INSTITUTE SEMINAR SERIES



Prime Yourself for Change

On-demand

Presented by Robert Koch, DNSc, MSN, RN Associate Professor
Loewenberg School of Nursing The University of Memphis

Panel Nelda Godfrey, PhD, RN, ACNS-BC, FAAN, Associate Dean
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Nursing and Robert Koch, DNSc, MSN, RN Associate Professor
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Description:

Identify responses to change and discover how to manage those responses within yourself and your team.

After completing this webinar, you will be able to:

During this 75-minute seminar, you will get real-world hands-on guidance that will help you identify your own preferred style of managing change while learning to more effectively respond to the psychological and physiological responses to change that can occur. You will also receive practical concepts from Kurt Lewin's theory of change, as well as best practice strategies from Dr. Christopher Musselwhite's book *Dangerous Opportunity: Making Change Work* to help you better manage change within yourself and your team.

CE Learning Objectives:

- Analyze physiological/psychological responses to change and identify your individual response to change.
- Recognize/identify types of resistance to change.
- Apply your understanding to manage adapting to change with self and others.

Presenter Biography:

Robert W. Koch serves as Associate Professor at Loewenberg School of Nursing, University of Memphis. He holds a baccalaureate and masters degree in nursing from the University of Tennessee Medical Center and doctorate in nursing administration from Louisiana State University Medical Center in New Orleans. He holds memberships in the American Nurses Association, Sigma Theta Tau International, the National League of Nursing, and the American Organization of Nurse Executives.