

PREPARING FOR TOMORROW

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SUCCESSFULLY FACILITATED IN 28 COUNTRIES

PREPARING FOR TOMORROW - A FUTURE FITNESS INTERVENTION

1. BACKGROUND & PURPOSE OF INTERVENTION

The ability to cope with change, or Future Fitness, is the ability to survive and excel in an incredibly fast changing world of work. It is about embracing a new paradigm about life-and-career planning in an altogether new global environment. The “Preparing for Tomorrow” program is a one-day intervention designed to help individuals and the organisation to not only cope with massive change. but to thrive in it.

2. MODULES

2.1 Module One: Understanding the changing world of work

- The Post Covid -19 Global Village
- The Doubling of Information and pace of change: Drivers responsible for change.
- Sigmoid Curves and the personal implications of change for every individual in the world!
- The Black Swan Phenomenon
- Lessons from the African Jacana

2.2 Module Two: Change Resilience

- Coping with change...a life skill...for life.
- The six phases of change.
- Resistance to Change
- Leading Change

2.3 Module Three: The ABC of Success: A practical tool for implementing Future Fitness

- The External vs. Internal Locus of Control Mindsets.
- Choice... I can CHOOSE how I respond!
- The ABC as a Change Leadership Tool.

2.4 Module Four: Implementing a Future Fit Culture

- Understanding Social Intelligence.
- How a Culture is formed.
- Neuroscience, mirror neurons and Changing a Culture.
- Leading a Culture

3. OUTCOMES and BENEFITS of the INTERVENTION

The benefits of the intervention can best be described by listing the desired characteristics of Future Fit individuals, they:

- Have a positive attitude
- Know themselves
- Are agile and resilient
- Anticipate future changes and prepare for it(pro-active)
- Have higher levels of self –efficacy
- Are Leaders at all Levels
- Have an Internal Locus of Control/Take responsibility
- Place their security in their own abilities and competencies.
- Practice lifelong learning
- Have a personal future vision
- Have short and long term goals which they pursue actively
- Are Disciplined individuals
- Are great team members