Skills to Lead Change content:

0:00 Introduction and objectives

1:57 Rebecca’s story

8:29 Activity: how are you feeling?

11:40 Challenges with engaging and motivating teams through change programmes

14:52 Levers to engage and motivate teams

17:41 Vision statements

19:03 Activity: vision statements

20:16 What should a vision statement contain?

23:08 How to develop a vision statement

24:45 Example vision statement

27:27 How to engage with and motivate people to bring about change

32:11 Emotional responses to change

34:42 Team check-ins

37:55 Understanding authenticity in leadership

39:02 Psychological safety

41:52 Building the Covid virtual ward

46:35 Kotter’s 8 step model

49:14 Overview and closing