



**ESSENWOOD
CONSULTING**

Leading Teams through Change

How do you motivate people to change their behaviour? How can you tap into their sense of purpose? What can you do to enable them to persist and be resilient through change?

This session gives you the tools to lead change.

In this session we will:

- Discuss how to create an inspiring vision and purpose for the change.
- Explore how to get people's emotional commitment to change.
- Identify actionable first steps to making change happen.

This talk can be delivered in-person or online.

Speaker

Catherine Stothart (MSc, BA (Oxon), CFCIPD) is a Leadership Coach who has coached and trained hundreds of leaders to engage and motivate their teams and to develop themselves, in top multinational companies, including Airbus, Google and Audi.

Her best-selling first book, now in its second edition, [*How to Get On with Anyone*](#), (Pearson, 2024) is a guide to improving your interactions and relationships with anyone, whatever their personality type or background. In her third book, [*Motivation: The Ultimate Guide to Leading your Team*](#), (Routledge, 2023) she sets out how to lead others to fulfil their purpose and potential.

For more information see her [website](#) and [LinkedIn](#) profile.