

Change LITE for Continuous Improvement

Your practical guide to navigating change, transition, and team dynamics for Continuous Improvement events?

Are you facing challenges with process improvements, team engagement, or resistance during problem-solving sessions?

This short, interactive course gives you the essential tools to guide yourself — and your team — through change with confidence.

What is this course about?

This self-paced, engaging module introduces you to the **LITE Framework**, a simple but powerful way to understand the human side of Continuous Improvement.

You'll gain the foundational skills to manage change, support teams, and lead transitions with clarity and confidence.

Who is this course for?

This course is ideal if you:

- Are **new to Continuous Improvement** and want a simple, hands-on way to understand change.
- Are a **professional or supervisor** responsible for leading or supporting changes in your workplace.
- Facilitate **problem-solving or improvement sessions** and need help with engagement, structure, or managing resistance.
- Want practical tools — not theory — to help you guide real people through real change.

What can you expect?

- **Structured, bite-sized modules** that break down change and transition into clear, actionable steps.
- **Short, engaging lessons** that fit into even the busiest schedule.
- **Interactive elements** and a quick knowledge check at the end.
- **Certificate of Completion** to recognise your learning.

How long will it take?

You can complete the course in **45 minutes to 1 hour** — perfect for lunchtime learning or a focused development session.

Course Highlights

- The **Change LITE Framework** — a simple, structured approach to navigating the human side of improvement.
- How to **identify and align key stakeholders** across teams and processes.
- Practical communication tools using **listening, questioning, and coaching** techniques that boost participation and buy-in.
- Techniques to create a **collaborative, psychologically safe environment** during change and transition.

How will you apply your learning?

You'll walk away with practical insights and simple tools you can immediately use in your workplace, whether you're leading a CI project, running a problem-solving event, or supporting your team through change.

Your Next Step

Are you ready to **transform the way you navigate change and transition**? Jump into the first module and let's get started!