

# The Change Pod

Learning and  
growing together



A collaborative learning program

**from willms.coaching**

# What is the Change Pod?



**Pod = Seed**



**Pod = Drive**

**The Change Pod helps you to bring the development  
you want into your life!**

**The Change Pod is a powerful impetus  
to move you and your goals forward.**

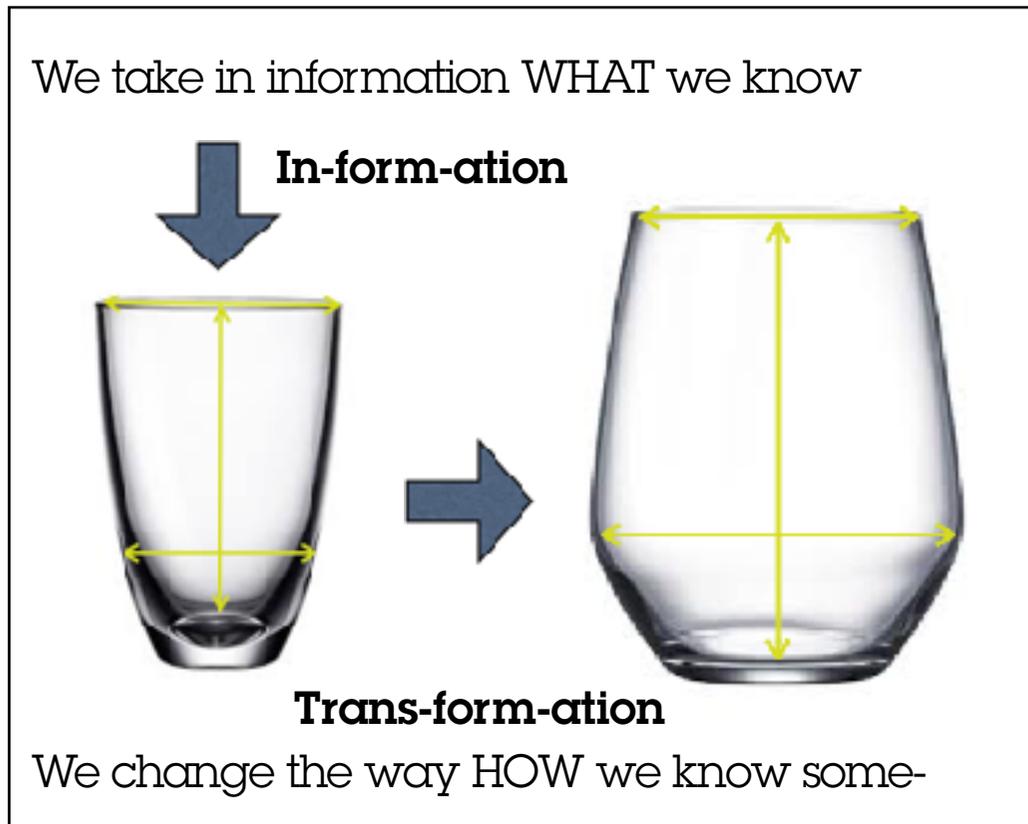
**The Change Pod starts with the question:  
If there was only one thing I could change about myself, what would it be that would  
have the greatest positive effect on me and my life?**



**In a free webinar, we will share exciting ideas with you on how you can find a good answer to this question. Do you already have an idea? Then come to the webinar and check whether the Change Pod can help you with the next steps!**

## A new way to learn

The Change Pod helps you to learn in a new way so that you can achieve your most important development goal. You improve your learning ability and learn techniques that you can use beyond the program.



Learning in the Change Pod is different from what we are used to. We don't get any further with just new knowledge - it's more about **HOW** we know something and **HOW** this determines our actions. In the Change Pod you will discover how unconscious thought patterns limit your thinking, feeling and acting. You recognize habits that get in the way of your plans and desires and you learn to change these habits. In the Change Pod you focus on mindset development. You will learn very practical techniques on how to carefully and curiously check the limits. Step by step you will grow beyond yourself.

In the Change Pod, we take a step together so that everyone can progress towards a development goal of their own choosing. You are working on a personal challenge for which you want to design a new solution. At the same time you help others to achieve their goal - and others help you. Learning together makes twice as much sense.

# How Change succeeds

In the Change Pod you use the most effective methods we have learned and developed over the last 20 years. The focus is on exercises from the Immunity to Change approach by Harvard psychologists Robert Kegan and Lisa Lahey. We combine this with the dialogic approach. Learning together is more fun! The Change Pod helps you to turn a difficult problem into an exciting challenge - which you not only solve, but which also solves you. The program is based on agile principles and also trains your ability to learn and deal with complexity. It supports your growth mindset!



change

We at willms.coaching have been running the Change Pod for several years in companies and as an open offer. The participants report about big development steps! The effects on companies are astonishing, as scientific studies have shown. The Change Pod works - if you are there, it works for you too!



## **Why would participants recommend the Change Pod:**

"The Change Pod moves something in you, you can develop yourself further and you can use it again and again."

"The ChangePod helps you to think about your behavior and to understand it and thereby bring about a change that goes deeper than acting - into thinking and feeling."

"I enjoyed understanding better how I tick. And how I can convince myself with concrete tests which parts of my ideas are nonsense. The exchange with others was very helpful in this process."

## **In the final survey of the last Change Pod say:**

80% "I realize that I'm no longer stuck in situations that I would have been stuck in before."

94% "I've learned new behaviors since dealing with immunity to change."

100% "I have taken steps towards my development goal."

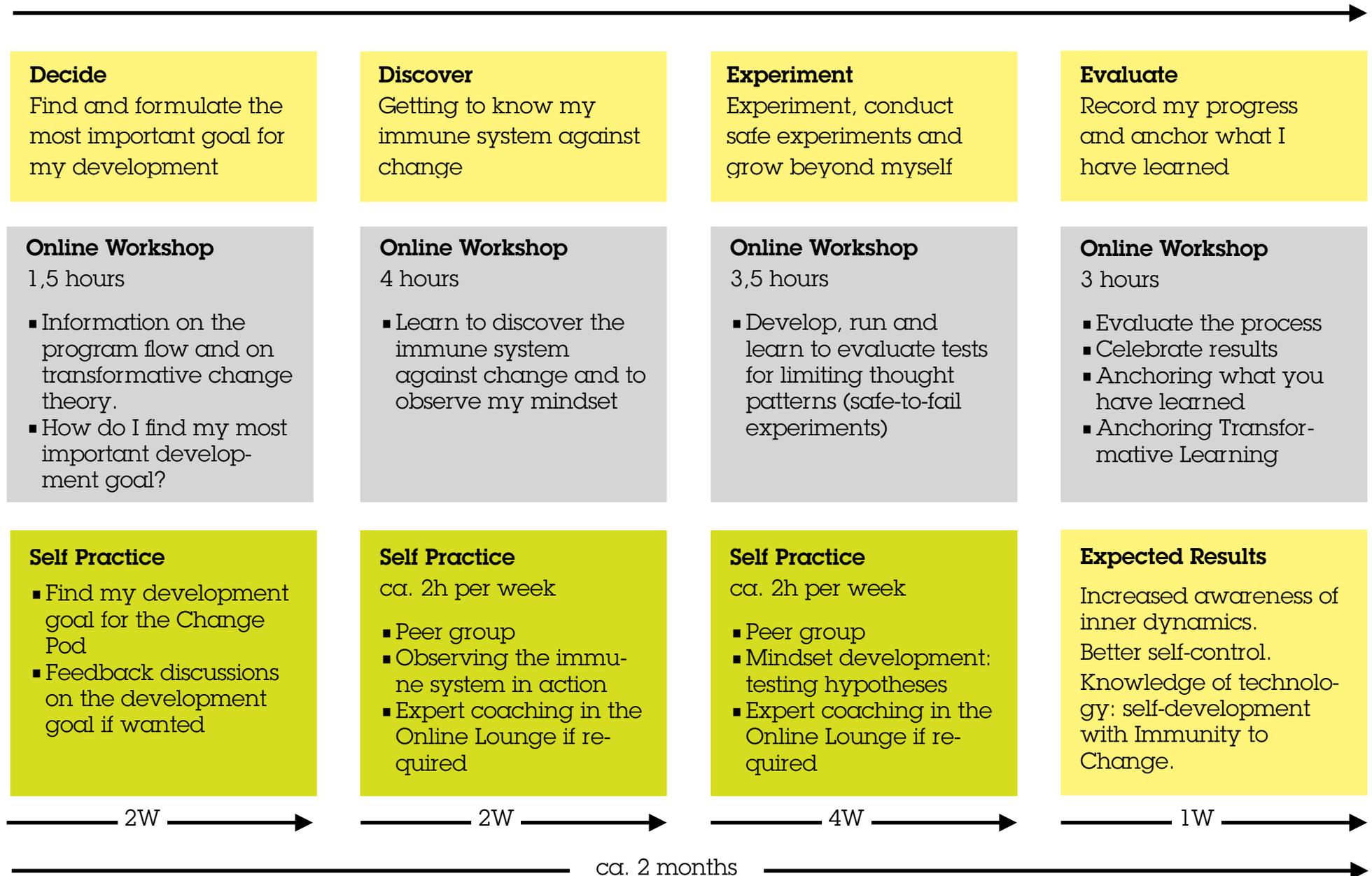
## **And beyond the goal, the following happened:**

"I am more courageous and stand by myself more. I feel stronger and my allowed radius for my thoughts is no longer so limited."

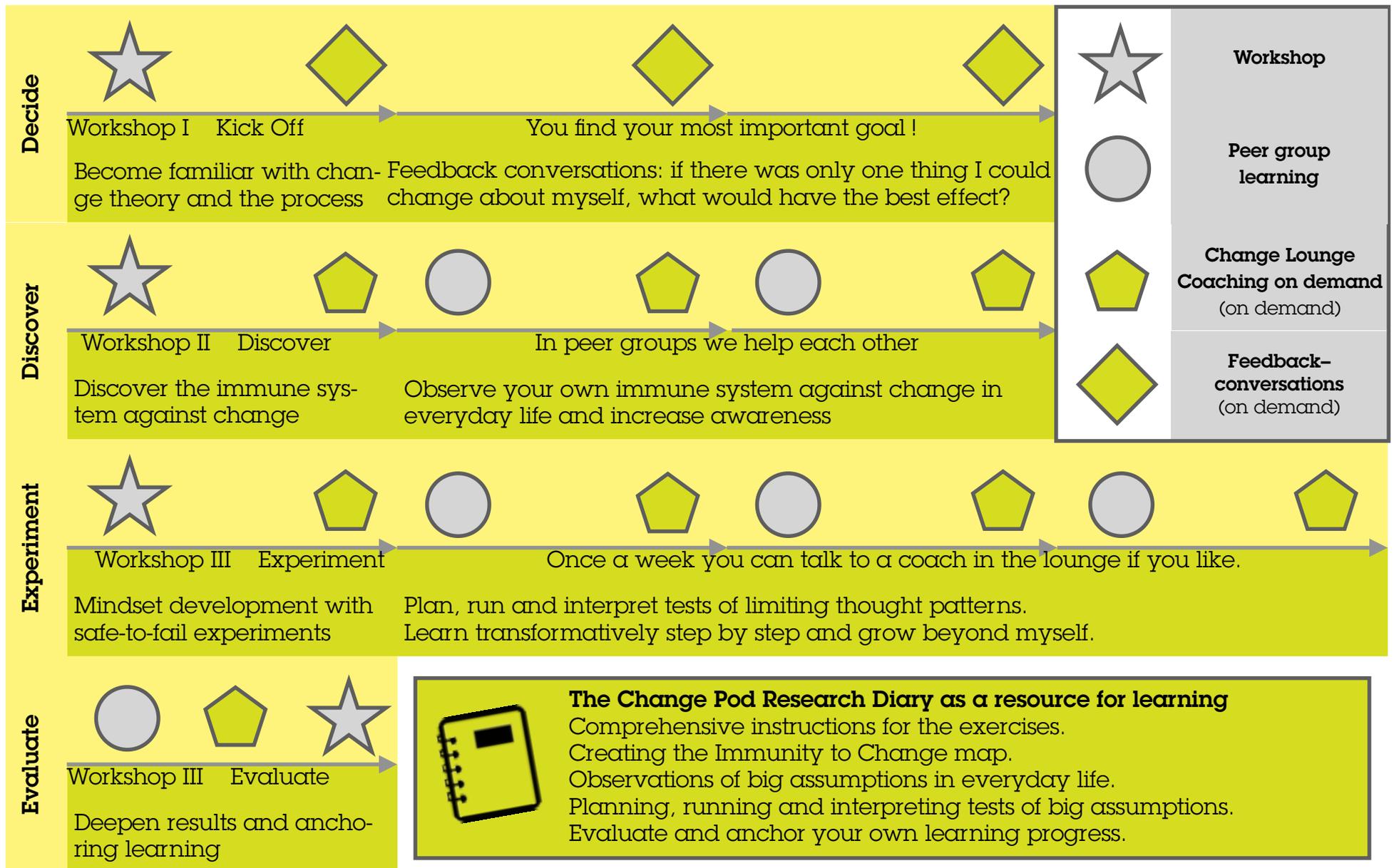
"I feel more relaxed and can enjoy moments with others more."

"I know more about myself now, see it faster if I get stuck in a behavior pattern, get out faster. I feel a little closer to myself, see better what I am and what I am not."

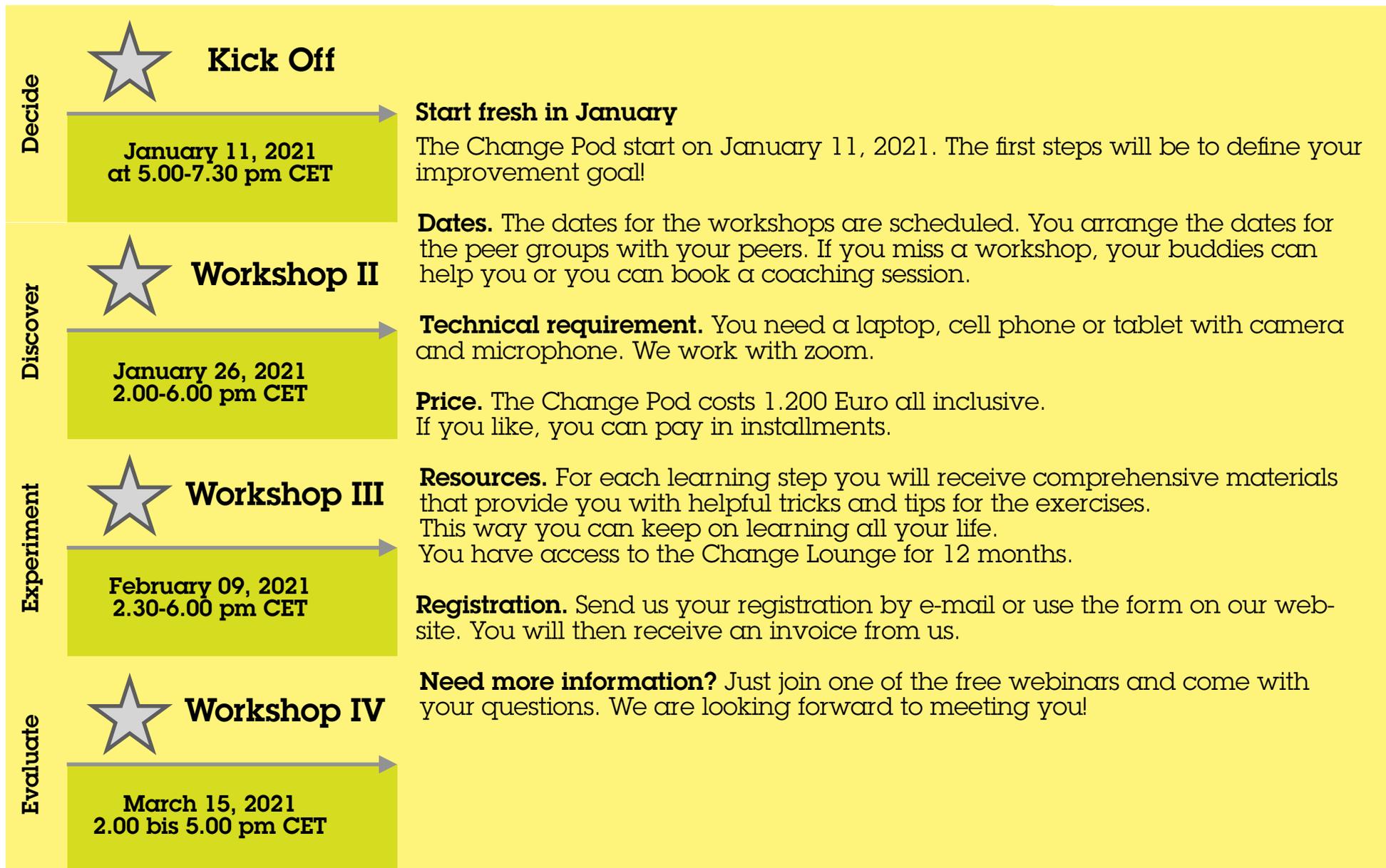
# How does the Change Pod works?



# What does it all include?



# When does it start?



# Learning and growing together

**Infowebinar about the Change Pod**

Jan 08, 2021 5.30-6.00pm CET



Register here

<https://www.willmscoaching.de/coaching/change-pod/>

**willms.coaching**

potentiale verwirklichen

## The change pod for my team or my company?

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### Learning and growing together

For several years we have been running the Change Pod as a personnel development program for companies. Independent evaluation results testify to the positive effect for the participants and for the culture of the organization.

Would you like to find out what the Change Pod can mean for your organization? Get it contact with us! The Change Pod comes to you in your company if you want. Or would you like to carry out the Change Pod with your team? Register together. You then form a joint working group within the Change Pod. Are you interested? Get it contact with us.



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