

EVGENIYA
EIBL



THE CHANGE LAB

A RESEARCH-DRIVEN,
HUMAN-CENTRED FRAMEWORK
FOR ORGANISATIONAL TRANSFORMATION

www.yoursuccesstrail.com

What if your teams could move through change not with resistance — but with resilience, clarity, and purpose?

In today's fast-changing environment, traditional change models often overlook what truly drives sustainable transformation: the human experience.

The Change Lab is a research-based, coaching-led programme that fuses classic change frameworks (like ADKAR and Kotter) with neuroscience, psychology, and somatic intelligence — empowering your people to transform from the inside out.

WHAT MAKES THE CHANGE LAB DIFFERENT?

- Blends classic change frameworks (e.g. ADKAR, Kotter) with human insight
- Focuses on emotional safety, resilience, and embodiment
- Designed for teams — not just individuals
- Built with real-world business and coaching experience

WHAT YOUR TEAMS WILL GAIN

- Teams feel energised and empowered throughout the change process
- Teams experience less resistance and overwhelm, and instead feel supported, seen, and psychologically safe as they move through change with greater confidence and vitality.
- Emotional safety becomes more than a buzzword — it's a felt experience. Teams build trust, communicate openly, and feel more connected, even in uncertain times.
- Leaders find their voice and presence amid complexity. They communicate with clarity and empathy, becoming anchors of stability and inspiration for their teams.

WHAT IS INCLUDED

- A transformative 6-session group programme, delivered online or in-person, that energises teams and embeds real, lasting change
- Personalised facilitation by a certified business coach who brings both psychological depth and strategic clarity to every session
- A suite of individual reflective tools and diagnostics that deepen self-awareness and spark meaningful conversations across teams
- A psychologically safe space where your people can explore challenges, reframe resistance, and build new capacities — not just for change, but for growth

WHY PARTNER WITH US?

- Access a human-centred, science-backed transformation model
- Equip your teams to grow through change with clarity and confidence
- Work with an experienced business coach tailoring to your context
- Co-create the future of people-first transformation as an early partner

6 sessions programme overview

The Change Lab is structured around six transformation stages, each combining personal growth with systemic organisational focus:

FROM RESISTANCE TO READINESS

Recognise stress responses, surface initial fears, and explore how change is perceived within the team.

FROM CONFUSION TO CLARITY

Deepen self-awareness through identity work and belief-challenging. Understand emotional and motivational patterns and align with personal values.

FROM VISION TO COMMITMENT

Clarify goals that resonate emotionally and socially. Anchor visions using somatic and systemic techniques.

FROM INTENTION TO INTERACTION

Bring inner motivation into interpersonal expression. Practice feedback, empathy, and embodied communication.

FROM MOVEMENT TO MASTERY

Build habits, reflect, and embed new patterns in team culture. Reinforce collective strength and resilience.

FROM EXHAUSTION TO ENERGY

Promote sustainable change through self-care, internal coherence, and energy management.

PROGRAMME DETAILS:

- Duration: 6-week online programme or 2-day in-person workshop.
- Group Size: Up to 10 participants.
- Format: Interactive sessions, practical exercises, and reflective practices.

MEET YOUR FACILITATOR EVGENIYA EIBL

With an academic background in HR and years of leadership experience in multinational sales, I've lived the complexity of change from the inside.

Today, I integrate business strategy, coaching psychology, and somatic tools to help teams transform not just how they work — but how they lead themselves through uncertainty.



FOR MORE INFORMATION

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Book a call
www.yoursuccesstrail.com/the-change-lab