

Immunity to Change

Uncover what's holding you back and move forward.

This interactive workshop helps participants break through internal barriers to meaningful change using the Immunity to Change™ (ITC) framework developed by Harvard psychologists Robert Kegan and Lisa Lahey. Whether you're a leader working toward behavior change or an individual seeking personal growth, the process guides you to uncover hidden commitments and beliefs that are actively preventing progress—even when you deeply want change. Through the “Big Assumptions” phase, participants are invited to reflect on their responses within the broader context of cultural and societal norms.

For more information about trainings visit athenaplace.com or email info@athenaplace.com



Learning Objectives

- Have the opportunity and tools to make progress on a personally meaningful change goal.
- Experience exercises from the ITC framework including Map-Making and Test of the Big Assumption.
- Identify and better understand the underlying barriers to making meaningful progress on a change goal.
- Develop a strategy to address identified barriers to change.