

# Organizational Change: Lessons From Psychology For Organizational Leaders Amidst The World Crisis

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## Abstract

*The current study aims at exploring the notion of organizational change from a psychological perspective- anxiety. The paper attempts to explain how anxiety and resistance can affect organizational change and also explores ways of facilitating the same amidst anxiety and resistance to change. The literature relevant to organizational and clinical psychological have been exhaustively studied and, critically analyzed in order to gain a better understanding of the reasons for individuals' resistance to organizational changes. The ultimate objective is, however, to help organizational leaders manage such resistance with less struggle for the overall benefit of their organization.*

Keywords: organizational change – anxiety – resistance

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