Managing Change

Change may be a given, but adapting to it isn’t – it takes effort! Changes in the workplace, where we have so much of ourselves invested, can be especially challenging. In this seminar, we’ll unpack the experience of change. We’ll talk about why it can feel hard and how to manage those feelings. We’ll discuss how to tap your natural resilience and share strategies for moving through transitions in a healthy way.

Wednesday, April 18, 2018
2 pm ET / 1 pm CT / 11 am PT

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No matter what you need, chances are we can help.