The Need
Whether going back to school or changing careers, starting a family or retiring, change brings both opportunities and turmoil. In today’s fast paced world, change has become a constant. Even when we are able to see the advantages of change, it can be hard to say goodbye to what’s changing. This workshop will provide you techniques to deal effectively with change.

The Best Audiences for this Workshop
All levels of staff

The Objectives of this Workshop
1. Identify changes in your life
2. Examine your ability to cope with change effectively
3. Prepare an action plan to deal with current and future change

The Workshop Agenda
I. What’s changing?
II. Reasons we resist change
III. Change vs. Transition
   A. The three Stages of Transition
IV. Action Plan