

ADAPTING TO CHANGE

We often associate change with inconvenience and discomfort, but this part of change is temporary and ALWAYS leads to something better!

The fact is, everything in our world, especially in our workplace, is constantly changing around us, so it's time to get comfortable with discomfort.



Change in the workplace is defined as any alteration in the current work environment, whether that is how things are perceived, organized, processed, created, or maintained. And no industry or organization is unaffected by change - even before the global pandemic! Now that 2020 has shown us what drastic change can look like, let's talk about it!

Topics discussed:

- Practical steps to managing the journey
- Characteristics of transition
- Reactions we have to change
- Change management mistakes
- Why there is resistance to change
- Change fatigue
- The change process - stages of change

2-HOUR SESSION PRICE: \$229 for 10 people

DATES

Wednesday, Sept. 15 from 9:30 - 11:30 a.m. OR 1:30 - 3:30 p.m.
Wednesday, Nov. 3 from 9:30 - 11:30 a.m. OR 1:30 - 3:30 p.m.

Please note: This is a virtual session and space is limited.

Jean Steel, M.S.



"If you have not heard Jean speak, you really have not heard from the best. I found her to be dynamic, passionate, smart and so funny. Quoting from personal anecdotes, her advice and motivational tips directly related to the audience and her stories made us laugh so hard, our cheeks hurt."

- Stacey Humphrey, Director of Corporate Development for National College Planning Solutions

"Jean engages her audience in the quest to live a passionate, well-balanced life. She uses stories from her own life and experiences to help listeners relate to the principles she teaches."

- Judith Monte, Self-Employed Nonprofit Consultant

To register, contact **Jenny Molinar**
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