

MARCH WEBINAR

Sponsored by: Wayne Corporation
Employee Assistance Program (EAP)

Resilience in Times of Change

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Change is an inevitable part of life. Sometime it hits unexpectedly and other times it comes as a consequence of a decision. Change can be scary if we aren't prepared to be flexible and resilient in the face of it.

In this webinar, participants will: explore the impact of change on individuals and organizations, define the concept of resilience and how it's essential to cope with change, and learn the skills to foster resilience and make healthy transitions.



RESILIENCE