

Now Open for  
Registration!

# Coping with Change

During this half-day workshop, you will explore strategies, frameworks, self-care tools, and resources to navigate the change process successfully.

Participants will also get an opportunity to reflect on their own reactions to change and discuss common issues relating to coping with change.



**Cecile Shultz,  
Employee and Family Assistance  
Program (EFAP)**

**Wednesday, May 2, 2018**

**8:30 - 11:30 am**

**Glacier Room, Lister Centre**

*This workshop is intended for faculty and staff. To register, visit the Learning Shop at [www.learningshop.ualberta.ca](http://www.learningshop.ualberta.ca)  
There is no fee for the workshop however attendance is monitored. For more information about this workshop,  
please contact Organizational Health and Effectiveness at [org.health@ualberta.ca](mailto:org.health@ualberta.ca)*