

## EMPLOYEE ASSISTANCE PROGRAM

# POSITIVELY MANEUVERING CHANGE IN THE WORKPLACE

## VIRTUAL TRAINING SERIES

Change is inevitable and essential to functioning and growing in today's world. Our response to change is personal and varied based in part by past experiences and personality traits. In this training, participants will learn how different change types and sizes impact the change experience, the role of resistance in change, the importance and value of change, managing emotions in a changing environment and the power of resiliency and self-care in navigating change.

**THURSDAY,  
APRIL 28, 2022**

**12:00 - 1:00 p.m.**

### Registration:

Advanced registration is not required. To view and listen to the live webinar, go to <https://bit.ly/3HuqDWC> on the day of the event.

- Event Password: KHdJMCA33C3
- United States Toll: +1-408-418-9388
- Access code: 2634 956 7377

The training will be recorded and available on the website approximately two to three weeks after the live event. To view past trainings, go to [eap.calhr.ca.gov](http://eap.calhr.ca.gov). Under Explore Services, click on the program tile for Webinars and Workshops to access the individual training recording, slideshow and handouts, if applicable.

### Learning Objectives

- Understand the impact of different types and sizes of change.
- Learn about the role of resistance in change.
- Recognize the importance and value of change.
- Describe ways to manage emotions in a changing environment.
- Understand the power of resiliency and self-care in navigating change.

### Who Should Attend?

- These workshops are free to state employees and reservations are not required. Seating is on a first come, first-served basis.
- Before planning to attend, employees should ensure supervisor's approval.
- Please provide two weeks notice for special accommodations.

