

# Facing Change When You Don't Choose It

As you are aware, the University of Alberta is in a period of considerable change. Times like these can be challenging because we are forced to let go of the familiar and face an uncertain future. Many times, it can be change that results from decisions that are made by people in a leadership position and staff members are left with a sense of uncertainty about the future.

Depending on how you deal with change, you may view this as a new opportunity or a major source of stress. If you are interested in bettering your skills and understanding your response to ongoing change in your environment, HPaWS invites you to attend this workshop. Participants will examine the change process, identify signs that they are having trouble coping with change, and receive an overview of the coping mechanisms and practical resources that are available to them.

## **Facing Change When You Don't Choose It**

**Presented by: Carmen Bellows**

**Health Promotion and WorkLife Services**

**Tuesday, February 14, 2012**

**9:00 am—12:00 pm**

**Location: Prairie Room, Lister Centre**

This workshop is intended for staff and faculty members. To register, visit the Learning Shop at [www.learningshop.ualberta.ca](http://www.learningshop.ualberta.ca). Seating is limited.

For more information about this workshop, please contact Health Promotion and WorkLife Services at [hpaws@hrs.ualberta.ca](mailto:hpaws@hrs.ualberta.ca).

