

# Managing Change

A Free Workshop Sponsored by  
*The State of California's Employee Assistance Program*



Since change is the one constant that can be counted on in today's world, the ability to handle change effectively can greatly impact success at work and other areas of life. This workshop teaches participants about the change process and provides a positive framework for thinking about change. Participants are also encouraged to explore their own perception about change.

*Attend This Workshop and Learn These Skills:*

- Find opportunity in change
- Identify elements of the change process
- Identify losses associated with change
- Take responsibility for choices



**February 11, 2014 • 2 – 3 pm**  
Department of Child Support Services  
11150 International Drive  
First Floor, Room 5706  
Rancho Cordova, CA 95670

**February 26, 2014 • 9:30 – 11:30 am**  
Department of Rehabilitation  
3130 Chicago Avenue  
Riverside, CA 92507-3445

**March 12, 2014 • 10 – 11am**  
Natural Resources Building  
1416 9th Street, First Floor Auditorium  
Sacramento, CA 95814

**April 29, 2014 • Noon – 1 pm**  
Public Utilities Commission  
505 Van Ness Avenue  
San Francisco, CA 94102

**May 20, 2014 • 10 – 11am**  
Department of Public Health  
1500 Capitol Avenue  
First Floor Auditorium  
Sacramento, CA 95814

**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 week notice for special accommodations.

At many facilities parking is not provided, please plan accordingly.

Contact your departmental EAP coordinator for additional information.