

2021-2022

LEADERSHIP ACADEMY

What is Your Cheese?

HOW TO BEST DEAL WITH CHANGE

based on the best-selling book by Spencer Johnson, MD, Who Moved My Cheese

If 2020 has taught us anything it is that change is inevitable. In this workshop, we will follow a journey of change from Spencer Johnson MD's book, *Who Moved My Cheese* and apply it to real life situations. By the end of the workshop, attendees will leave with a personal action plan for change, quick tips to use when change occurs, and a revitalized sense of how embracing change can create a more enjoyable experience.

Presentation Topics Include:

- Handling changes both personally and professionally.
- Creating a step-by-step strategy for handling change.
- Quick tools/tips to use when change happens.
- Accepting change and enjoying it.

RSVP to Amanda Franco at
afranco@sia-jpa.org or (916) 364-1281

Wednesday,
November 17
Virtual Training
8:30 - 10:00am

