



NAVIGATING CHANGE

**FREE WEBINAR
FOR CHSP STAFF & VOLUNTEERS**

**LEARN SKILLS AND TOOLS TO BETTER
ADAPT TO CHANGE AND ADVERSITY**
Wednesday 3rd May 10am to 11am

**As the saying goes, the only constant in life is
change. How true for Aged Care!**

Discover:

- the neuroscience -how our brains and bodies typically respond to change
- Our own mindset towards change and its impact on emotions, behaviour & other people
- Practical positive strategies to navigate change effectively with emotional intelligence

REGISTER

PLEASE NOTE: This training is fully subsidized and numbers are limited. Please only register if you will attend. Please notify us 5 days before if you cannot attend, otherwise a cost recovery fee may be charged.

This webinar is a collaboration between Sector Support & Development partners from STARS, MDS, YourSide and Hornsby Shire Council



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