



Oregon Employer Council Douglas County
and
Umpqua Community College
Community & Workforce Training

Invite YOU to attend...

“Change Happens: Coping With the Emotional Rollercoaster of Workplace Change”

Presented by: **Jennifer Bouman-Steagall** *Hosted by:* **Umpqua Community College**

You are not an ostrich. Sticking your head in the sand and pretending change is not happening will not stop the future; it is happening all around you whether you like it or not. Rest assured that it is possible to have a great past AND a great future. Change takes many forms in the workplace and in our personal lives. Have you experienced changes in pay, benefits, position, job duties, schedule, resources, technology, leadership, or team members? Maybe your biggest change is happening in your personal life. We each view, anticipate and work through change differently. How change FEELS depends on how we move through it, and sometimes the “moving through it” is the hardest part. I know; I’ve been there. Through this engaging program, we explore 3 stages of the Emotional Change Rollercoaster, tips for planning the logistics of change to minimize chaos, and 10 effective strategies to help ease the pain of change the next time you find yourself dreading or experiencing the ups and downs of the ride. The best part is, you never have to ride this ride alone.

Learning Objectives:

1. Understand the different stages of emotional change and how they impact performance.
2. Learn how to recognize the stages and identify possible solutions to address them.
3. Reflect on the root cause of fear of change.
4. Explore strategies for mitigating stress and negative effects of change.

PROFESSIONAL BIOGRAPHY

Red Kite Employment Law founder Jennifer Bouman-Steagall is a dynamic Storyteller, trusted HR Business Partner and experienced Employer Defender with over 18 years experience representing and working closely with Pacific Northwest employers. Red Kite’s unique “employment law with HR strings attached” approach promotes organizational development and responsible legal risk management by integrating legal compliance with practical positive workplace practices. Through her informative and memorable programs, Jennifer engages, motivates and empowers organizations to improve their team communication, leadership skill development and employee engagement levels as a means to creating great places to work. Sharing her passion and experience with audiences, Jennifer inspires them to learn, reflect and laugh as they look forward to the future.

Thursday, November 7, 2019

Umpqua Community College - Lang Event Center

SCHEDULE

7:30 am - 8:00 am Check-in / Registration
8:00 am - Noon Seminar

REGISTRATION

\$70 per person, or
\$60 per person (for groups of 4 or more)
To receive discount please call 541-440-4668

Non Refundable Fee includes continental breakfast and seminar materials.

Register Online: <http://bit.ly/OECSEMINAR>

Register by Phone: Call 541-440-4668

