

# MANAGING CHANGE

**STEPPING AHEAD...**

Thursday

Sept. 17

4:00-5:30

'Zoom'

Session

Embracing change is often outside of our comfort zone. Reflect on where you are in your relationship with change to identify strategies that resonate with your personal skill set. Reduce anxiety and increase your focus on problem solving. We are juggling a lot these days!

Presented by Lezli Wrixon, MACP, RCC, CPT, BCRPT  
Finding Balance Counselling & Consulting



Please email to register:

[finding.balance.counselling@gmail.com](mailto:finding.balance.counselling@gmail.com)