

ONLINE SEMINAR

Change is inevitable, so it may be beneficial to learn how to embrace it. In this session, we will learn how to make a change for the better and learn practical tips on how to embrace the discomfort of change.

*(Typical seminar runtime: 20 minutes)*

YOUR EMPLOYEE ASSISTANCE PROGRAM

LET US HELP

Visit your home page starting Tuesday 12/19:

WEBSITE: [www.eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

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ALWAYS AVAILABLE | FREE | CONFIDENTIAL



**Making a Change**

**DECEMBER 2023**