A group of people are in the desert on a sunny day, standing together with their arms around each other. Their backs are to the viewer and they're facing toward the sun. They are wearing colorful cold weather clothing.



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)

YOUR ORG CODE (to logon): <ASD>

TOLL FREE: 1-877-313-4455

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

The letters "eap" are below a radiating sun which contains a person with upraised arms

**Making a Change**

**DECEMBER 2023**