

SEPTEMBER: SHIFTING GEARS

Learn To Negotiate Change

MONTHLY WEBINAR

Coping with Change

Thursday, Sept 17, 2015
12:00 p.m. - 1:00 p.m.

Learn personal strategies on how to deal with both the losses and the gains that change brings to your life.

BE SURE TO REGISTER IN ADVANCE

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online.

RESOURCES: CONSULTANTS AND WEBSITE

Life does not stand still. Changes in your work environment or at home disrupt your daily routine, and this can bring about feelings of anxiety and fear. These feelings can make you resistant to a change that may be necessary for your job or family. Your NYS-Balance program can provide you with information and resources to help you handle change.

Call or visit us online to get started.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.ny.gov.

Andrew M. Cuomo, Governor,
State of New York

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