

## Toolkit Basics to Master Change

The only constant in life is change, your own internal life changes and career or work changes happening around you! Learn more about this unavoidable aspect of life. In this three-hour workshop you will learn how to recognize the phases of a change process, identify turning points, and develop your own toolkit to handle change. There will be worksheets, discussions, and handouts. You will leave with more understanding about the change process and your own methods of recognizing and handling change.

Unless otherwise noted, all classes will be held at CAPS, 32 College Street, Montpelier	
Location:	<a href="#">CAPS</a>
Time:	9:00 – Noon
Cost:	\$55.00
Course Code:	045180
Session Code:	Date specific: See Electives calendar for session code
Instructor:	Alice Kitchel
Registration Deadline:	5 business days in advance of the course