

REAL SUPPORT FOR REAL LIFE



Brought to you by your Employee Assistance Program:

Managing Change

Adapting to change can be a challenge, especially in the workplace. We'll unpack the experience of change - why it can feel hard and how to manage the feelings. We'll discuss how to tap your natural resilience, share strategies for navigating from old to new, and explore what you can do to begin claiming the future you want.

Wednesday, April 6, 2022
2 pm ET / 1 pm CT / 11 am PT

Log in to register for this seminar at:
www.Cigna.com/EAPWebcasts

To view on-demand replay: Click the above link. When you log into the Wellness Webcast portal, you can choose to attend this seminar, register for upcoming seminars, or attend other on-demand seminars.

A Certificate of Attendance is available for this presentation.

On-demand replay will be available starting 2 hours after the live presentation.

Together, all the way.™



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