



National Park Service  
U.S. Department of the Interior

## Managing Change and Transition

Service-wide Webinar

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This program enables participants to be more productive in their professional and personal lives by learning to manage change and deal with times of significant change and transition. Participants explore the nature of change and their reactions to it while identifying the effects of stress and developing strategies for channeling and reducing it. They develop priorities and goals for managing their environment and themselves. Emphasis is placed on learning how improved communication can be used to alleviate change-induced stress by enhancing understanding and developing a sense of personal control and organized transition.

**DATE:** October 15, 2015 or  
December 10, 2015

**TIME:** 1:30 p.m. – 3:30 p.m.

**SESSION  
LENGTH:** 2 hours

**PARTICIPANTS:** All employees

**CLASS SIZE:** 75

**VENDOR:** Language at Work

**TUITION:** Paid by Learning and Development

### REGISTRATION

**PROCESS:** To register for this webinar, go to <https://doilearn.webex.com>, select Training Center from the top menu, hit the “Upcoming” tab to locate the webinar and hit the “Register” link to the right of the webinar title. Be certain to search for the course in the “Upcoming” tab under date of the webinar.

### COURSE

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