

## You Do Have the Courage to Create Change

### Audience

Helping Professionals, Workers, Volunteers

### Program Description

Change is scary! And none of us grows without it! Discover how you can learn to cope with change - by raising the stakes, welcoming more positive risk in your life, and helping to create change for your own growth!

- Explore how change affects your health!
- Clarify personal attitudes toward change, risk, loss, grief, and exhilaration!
- Develop practical strategies to cope with imposed changes!
- Assess your changing skills!
- Create plans to successfully grow through self-motivated change!

### Program Content

- Change as a life stressor
- Inventory learnings from past attempts to cope with change
  - Change includes loss.
  - Loss requires knowledge of grieving.
  - Grief can mean growth.
- Effective tools for changing
- Goals, plans, and support networks for self-motivated change.
  - Growth goals that work
  - Support for necessary losses associated with growth



### Required Time

2-2.5 hours

### Delighted Clients

Cornell Cooperative Extension, Folic Acid Conference, Canandaigua, New York  
Genesee Valley BOCES, Employee Assistance Program, Geneseo, New York  
Monroe County Children and Family Services, Rochester, New York

### Contact

For more information about Healthy People, to receive Sally's free e-letter, or to book Sally to speak with your organization, contact:

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