



Staff Development Opportunities

Living with Change: Managing Stress in the Workplace

This 2 hour presentation addresses how change creates and affects stress in the workplace. It will help participants choose communication and problem solving rather than unhealthy, reactive responses that add to our stress. A good training for everyone in the workplace, it is especially helpful for managers

Presented by Richard Shelman

Richard Shelman is a mental health therapist working for the Employee Assistance Program. He is married with two teen-aged children (one in college). His professional experience includes prevention and intervention program consulting for school districts in this region.

December 1, 2009

10 a.m. to Noon

Location to be announced

**To register for this class contact
Eleanor Gilmore at: ext. 5361 or gilmoree@evergreen.edu**