



**SESSION DETAILS**  
February 16  
12:30 p.m. - 4:30 p.m.  
February 17  
8:00 a.m. - 12:00 a.m.  
OR  
12:30 p.m. - 4:30 p.m.

Room: Leprino 620  
Keyword: RESILIENCY



# Resiliency

## Managing Change and Stress

In 2010, change will be everywhere at UCH. From EPIC to Lawson to job advancement, change is and will be a fact of life; how you handle change, however, is up to you.

This highly interactive, four-hour program focuses on dealing with complex change, whether you are leading the change effort or are affected by it. Organizational strategies and individual coping skills are needed to survive the volume and pace of change in today's world of work at UCH.

This program's learning outcomes include:

- Achieving a compelling and inspired vision of the change
- Dealing with complex changes in structure, technology, tasks, and people
- Modeling and encouraging risk-taking and innovation
- Identifying the causes and consequences of stress
- Managing the critical balance between the demands we face and our resources for coping
- Developing strategies for dealing with change
- Cultivating personal and professional coping skills
- Leveraging the importance of attitude
- Building up the five characteristics of a hardy personality
- Developing a roadmap for the challenge and change ahead

*About the presenter—George Manning, Professor of Psychology and Business at Northern Kentucky University, is internationally known as a speaker, author of eleven books, and consultant to business, industry, and government. His unique approach to and magic for connecting with people includes a blend of humor, interesting facts, and practical applications. His warm, personal style has captivated audiences from coast to coast and from continent to continent. He was selected Professor of the Year at Northern Kentucky University and has received the Strongest Influence Award given by the Northern Kentucky University Alumni Association.*

