

# Managing Change

**Cost:**  
**\$395**

## Half day workshop

**THURSDAY 16th OCTOBER (8.30 - 12.30)**

### Venue:

**Swinburne (Melbourne campus)  
196 Flinders Street, Melbourne.**

**Coaching staff: Dr Joy Humphreys & Claes Agin.**

This is an intensive and nourishing, personalised coaching workshop for people experiencing change, working in challenging situations, managing staff, or projects where multiple stakeholder groups are represented. You will receive coaching in resilience, emotional awareness and working with change, using real life practical examples, guided by an experienced leader.

### *Comments from past participants...*

*"I continue to find the learnings helpful, which is unusual, as my experience is that one attends these sessions (mainly in house) and the content slips from your mind immediately....."*

*"I think the small group and the personal attention that this allowed made it so powerful. In fact, I have gained some confidence in difficult conversations".*

*"I would describe the workshop as a coaching kind of activity that enables people with important issues have an opportunity to discuss ideas and strategies for how to address them... Sharing others' experiences in difficult situations gave many unique ideas in relation to coping with stressful situations."*

**LIMITED PLACES.**

**Respond NOW to secure your place.**

Enquiries:

[joy@humphreysgroup.com.au](mailto:joy@humphreysgroup.com.au)

m: 0412 128 565

[www.humphreysgroup.com.au](http://www.humphreysgroup.com.au)

**THE  
HUMPHREYS  
GROUP**