

# MIIA EAP Professional Development Training



**Date:** July 21, 2022

**Time:** 2:00-3:00pm

**Presenter:** Steven Bernstein, LMHC

**To Register, click on below link:**

<https://attendee.gotowebinar.com/register/4448106596712864267>

## Riding the Waves of Workplace Uncertainty and Change

In today's fast-paced work environment, employees face frequent and often unpredictable changes. These changes can produce stress at work and at home. This workshop will explain normal reactions to change and uncertainty at work and provide techniques that help decrease the negative impact of stress caused by workplace uncertainty and change.

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