



MOVING FORWARD THROUGH CHANGE & UNCERTAINTY

Date: Wednesday, 10th September

Time: 12pm - 1pm (GST; Dubai)

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

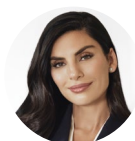
ABOUT THIS WEBINAR:

Change and loss impacts each of us differently, and everyone experiences and expresses their loss in a variety of ways. It can be reassuring to know there are things people managers can do to actively manage all the changes.

ATTENDEES WILL WALK AWAY WITH:

- Know how to help yourself and support your colleagues/team in navigating uncertainty and cope with the change and loss that can come with organizational change.
- Learn the difference between change and transition, as well as the tasks of grief associated with loss and change.
- Understand the 3 Stages of transition and the feelings associated with the stage, as well as the top needs of individuals as they go through change, loss and transitions.

FACILITATED BY:



Dr. Saliha Afridi, PsyD (US)
CLINICAL PSYCHOLOGIST
CHAIRWOMAN

REGISTER: lighthousearabia.com/events

Instructions for how to join this webinar will be shared separately in advance.

