



WHO MOVED MY CHEESE

COURSE OVERVIEW

This fast paced workshop is based on Dr. Spencer Johnson's simple story that deals with the complex subject of successfully dealing with change at work and in our personal lives. The program includes a video, discussion, and interactive exercises and is designed to lead participants to:

- Recognize individual perceptions of change
- Develop skills in working with others through a situation of change
- Build strategies for overcoming fear of change
- Choose to change and move to New Cheese!