

Leading Through Change

Monday 1 October 2012

**Penrith Rugby Club
Winters Park, Penrith CA11 8RG
9.30am – 12.30pm**

This workshop will give people the chance to explore issues relating to change, to discuss their experiences of change and how to manage it effectively.

This session will look at:

- Communicating change effectively
- Preparing you for change
- Understanding and managing your own reactions to change
- Maintaining your resilience and supporting others

Cost: £30 third sector organisations; **£50** statutory organisations

**To book email training@cumbriacvs.org.uk or call
01768 800350 NOW!**

Please book by 17 September 2012

Please note: cancellations must be made at least 2 weeks before the course date or full payment will be due.

For full details of our cancellation policy, visit: www.cumbriacvs.org.uk