



NAVIGATING CHANGE & UNCERTAINTY

Content Areas: Attitude, Body, Mind, Mindset, Optimism, Self-Care

Duration: Four Weeks

Description: For some, the idea of change can be intriguing, exciting and/or elicit thoughts of adventure. For others, change may threaten comfort, stability, security and/or trigger an uneasy or fearful stress response. Yet for all living things, change, growth and adaptability are defining characteristics.

While knowing what the future holds (with one hundred percent certainty) isn't feasible, it can be easy to assume life will stay predictable or status quo. Then suddenly, after receiving unexpected news, living with uncertainty about important life situations can be incredibly difficult.

If exploring these topics (along with supportive skills and strategies) is of interest, then this program is for you!

Overview:

- Week 1 – Expecting Change & Uncertainty
- Week 2 – Operating with Hope & Optimism
- Week 3 – Healthy Coping & Self-Care Strategies
- Week 4 – Preparing & Living Your Personalized Change Plan

Key Components:

- Resources – Weekly, themed encouragement email with electronic curriculum/practices
- Support – Unlimited access to Wellness Specialist; weekly 45-minute onsite or virtual group meeting (optional)

Investment: Starting from \$1,250