OPPORTUNITIES FOR MANAGING CHANGE ON A PERSONAL LEVEL (sampling)

- **Faculty and Staff Assistance Program (FSAP)** 415/476-8279
  - A Workshop on Stress Management Strategies for Building Resilience
  - Understanding and Managing Change
  - FSAP services include individual consultation as well as workshops and are available at no charge

- **Campus HR Learning Center**
  - Managing Self Thru Change
  - Action Planning for Change Using 'Switch' Model
  - These Change Management Workshops are available at no charge

- **Living Well Program**
  - Mindful Based Stress Reduction
  - ALIVE!
  - The Living Well website includes a broad-range of services which on an ongoing basis and are available at no charge

- **The Osher Center for Integrative Medicine** offers a variety of fee-based programs for the public
  - 415/353-7718
  - Meditation and Mindfulness
  - Tai Chi & Yoga
  - Lectures and Workshops

- **Individual Counseling 1:1 direct support** 415/476-8279

WORKSHOPS FOR MANAGING YOUR OWN CAREER (sampling)

- **Career Planning Workshops Offered by Campus HR** 415/476-0420
  - Modules for managing change, development planning, networking, interviewing, resume critique and interview practice
  - These career development workshops are scheduled regularly and are available at no charge

WORKSHOPS FOR MANAGER'S ROLE IN MANAGING AND LEADING DURING CHANGE

- **Faculty and Staff Assistance Program (FSAP)** 415/476-8279
  - A Leader’s Guide: Understanding Psychological and Emotional Aspects of Change Management
  - Conducting Layoffs in a Humanistic Way: A Supervisor’s Guide

- **Individual Counseling 1:1 direct support** 415/476-8279
  - FSAP services include individual consultation as well as workshops for groups and are available on request at no charge