

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 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