



NAVIGATING CHANGE WORKSHOP – DON'T LEAVE CHANGE TO CHANCE™

**Are you Experiencing Challenges and Changes with Family Members,
Your Job, Life's Responsibilities, Aging Issues, or Transitions?**

WHO SHOULD ATTEND THE WORKSHOP

Anyone answering YES to one or more of the questions above is qualified to attend this workshop. Register and be willing to join two experts for a Workshop that will lay a firm foundation to assist with handling change and present specific remedies to make change easier, more acceptable, and less threatening.

WEDNESDAY, JULY 25, 2018

9:30 AM – 1:30 PM

Registration Fee: \$59.00 (Includes All Materials and Lunch)

Location: Manatee-Sarasota Building Industry Association

6650 Professional Parkway West, Suite 102, Lakewood Ranch, FL 34240

WORKSHOP TOPICS

- **Identifying Overwhelming Responsibilities and Challenges**
- **Rating Change and the Relative Impact on Your Life**
- **Pinpointing Areas Needing Attention and Strengthening**
- **Understanding the Importance of Setting Goals and Actually Doing It**
- **Exploring Unique Time Management Strategies to Use Following the Workshop**
- **Experiencing Your Power to Renew Your Life™**

WORKSHOP PRESENTERS



Ted Downing
President
Downing Champion Coaching
Cornerstone LifeCare Advisor



Julie Cook Downing
President
Caregivers' Comfort Creations, LLC
Cornerstone LifeCare Consultant

Seating is Limited! For More Information or to RSVP, Email caregivercomfort@aol.com or Call Julie Cook Downing on (941) 360-3580.

To Make Payment: PAYPAL (go to www.caregiverscomfort.com/services/) or Checks Payable to Caregivers' Comfort Creations, LLC. Mail to 8374 Market St., #129, Lakewood Ranch, FL 34202. Mail no later than July 20 and make sure you have registered to attend.