



UNIVERSITY
OF WYOMING

College of Engineering
and Physical Sciences



STAFF WORKSHOP

“Navigating Change & Uncertainty”



Facilitated By:

WENDY BURROUGHS

ICF CERTIFIED COACH
(PCC)

Changes in our work environments due to restructuring, change in focus, staffing changes and/or various other shifts can lead to a feeling of uncertainty and increased stress. Facing changes in both our personal and professional lives can be challenging at best.

Join us for this workshop where you'll gain a deeper understanding of the stages of change and gain tools to navigate through uncertain times with a greater sense of clarity and ease.



TUESDAY, APRIL 30



11:15 AM - 12:45 PM



EN 1062



FREE LUNCH

RSVP FOR THE EVENT HERE

