

January 9, 2020
8:30 am – 12:30 pm

Monroe Golf Club
155 Golf Ave, Pittsford, NY

Annual Leaders Retreat

“Managing the Anxiety of Change”

Presentation & conversation facilitated by John Engels

The effects of high anxiety on individuals and groups are well documented. Ample research reveals that change ratchets up anxiety. When the pace of change intensifies, so does group and individual stress.

This presentation will explore:

- How anxiety disrupts the ability to respond to change
- How anxiety gets expressed in the workplace and in the family
- Strategies for helping a family or work system calm down
- How leaders can manage their own anxious reactions to change