

The Bluewater DSB Organizational Health  
and Wellness Committee presents:

Guest Speaker: Dr. David Posen, M.D.

Change Mastery:

**Staying afloat  
when the water  
gets rough: You  
have more  
control than you  
think**



**An interactive seminar with David Posen, M.D.**

Change is a fact of life. Change is uncomfortable for most of us but there are ways to make it easier. Resilience and adaptability have become survival skills in today's world.

Given that change is happening, whether we like it or not, this seminar will address three questions:

- What would increase your comfort with change?
- What would make it easier for you?
- What tools would you need to handle it?

***The key is to control the things you can control:***

1. **ATTITUDE** (“Attitude is everything”)
2. **ENERGY** (Adaptation Energy)
3. **BALANCE** (Maintaining stability during change)

**Event Information**

*This special evening is  
available to ALL  
Bluewater staff and is  
**free of charge!***

**Thursday, May 18, 2017**

**Location:** Bluewater  
District School Board  
Education Centre, Chesley

**Light Dinner:**

4:30 p.m.

**Presentation:**

5:00 – 7:30 p.m.

*Please RSVP to Josie  
Gunson by **Friday, May 5,  
2017.***

***Limited seats available –  
please respond quickly!***

