



## The Employee Assistance Program Association of Toronto (EAPAT) Proudly Presents

### **"Molehill" Your Mountains: Dealing Positively With Change**

It has been said that the one constant in life is change. When change brings about opportunity, promotion and prosperity, it can be a very positive experience. But for many people, these uncertain economic times have brought frustration and anxiety instead.

**CJ Calvert** has traveled across Canada this last year, meeting with thousands of people facing the tremendous stresses and changes that the economic downturn has brought. And his heartfelt, humorous and powerful message is this: you can find opportunity when you face setback. You can transform a losing situation into a winning streak. You can find the "silver lining" in every challenge. It all begins with YOU.

Participants will learn:

- WHY people react differently in "stressful" situations
- The power of PERCEPTION
- The SECRET to managing your frustration and anxiety
- The 4 quadrants of change
- Understanding your change "personality style"
- STRATEGIES to take control of your life
- ... and more!

**CJ Calvert** is the author of "Living an Exceptional Life" and Founder and President of CalvertTraining. In addition to leading CalvertTraining, CJ Calvert is a highly sought-after professional speaker. When Fortune 500 organizations want to inspire, inform and evolve their staff, they call CJ Calvert. With over 15 years of training experience, CJ speaks on a daily basis before world-class organizations such as IBM, Microsoft, Bank of Montreal and The Co-Operators. He is the highest-rated and most requested corporate trainer in Canada, delivering 300-400 presentations a year and having presented before over 40,000 people.



***This session qualifies for 1 CE Credit. Certificate of Attendance available at the registration table upon request.***

**Thursday December 2, 2010**

**Agenda: Breakfast and Networking 7:30 AM – 8:00 AM**

**Presentation and Q & A 8:00 AM – 9:30 AM**

**Location: Toronto Lawn Tennis Club**

**44 Price Street (Phone: 416-922-1105)**

**FREE Underground Parking – cost covered by EAPAT**

**Fee: \$35 for non-members, complimentary to members**

**Please RSVP to [rsvp@eapat.org](mailto:rsvp@eapat.org) or visit us at [www.eapat.org](http://www.eapat.org)**