

Registration Form

Deadline April 13

Finding Your Way through... Change

Name: _____

Title: _____

Agency: _____

Address: _____

Cty/St/Zip: _____

Phone: (____) _____

Fax: (____) _____

Email: _____

Federal ID # _____

Special accommodations needed due to a disability:

Registration Fee: \$70.00 (lunch is not included)

Late Registration Fee: \$80.00 (after 4/13/10)

Purchase Order Attached: # _____

\$ _____

Make checks payable to **City of Columbus**, &
mail with registration form to:

COAAA Training & Education
174 East Long St
Columbus OH 43215

If using a purchase order, please attach a copy to the completed registration form. Questions? Call (614) 645-7250 or 1-800-589-7277; fax (614) 645-6146. COAAA will not accept registrations over the phone or fax without a purchase order number.

Directions



★ COAAA - 174 E. Long Street

Route I-71 to the Broad Street exit. West on Broad Street to 4th Street. North on 4th Street two blocks. The Central Ohio Area Agency on Aging (COAAA) is at the corner of northbound 4th Street and eastbound Long Street.

Parking is available at a variety of lots within a two-block radius. Cost is between \$3.50 and \$8.00 for the day. Some lots require exact change. (The COAAA parking lot is for staff only.) There is **no free parking** in downtown Columbus.

A list of nearby parking locations will be mailed upon receipt of registration.

Professional Education

April 20, 2010

9:00 a.m. - 3:30 p.m.

(Registration begins at 8:30 a.m.)

NOTE: This workshop meets the Social Work Supervision Training Requirement.



**FINDING YOUR WAY
THROUGH THE MAZE OF
CHANGE**

COAAA

614-645-7250

1-800-589-7277

www.coaaa.org



choice. independence. dignity.

Professional Education:

Finding Your Way through the Maze of Change

Purpose

Change is a fact of life and will occur whether we move with it or not - like it or not. Change does not come with a blueprint so each of us ends up finding our own way of responding to it.

This fun and stimulating one-day workshop will give participants coping techniques for helping themselves and others to adapt to change, deal with resistance to change, and succeed during times of personal and organizational change.

IMPORTANT INFORMATION:

Room temperatures can be difficult to control; dressing in layers adaptable to warm and cool temperatures is recommended.

A map and directions are included in this brochure. For events at the COAAA Long Street facility, you must pay to park; there is **no free** parking downtown. The COAAA is not responsible for fees or fines.

The COAAA does not discriminate on the basis of race, color, sex, religion, sexual orientation, national origin, age or disability. If you need special accommodations due to a disability, please indicate so on the registration form.

Objectives

At the conclusion of this workshop, participants will be able to:

- Describe the stages of change & how to better adapt to personal & workplace change.
- Discuss change resistance & ways of dealing with it in oneself & in others.
- List 4 major survival tactics for successfully coping with change.
- Recognize the value of using humor during change.
- Discuss self-empowerment & the importance of proactively initiating change.
- Identify techniques for questioning the status quo & areas for continuous improvement.
- Reduce stress through better understanding of change & loss.

Continuing Education

- 5.0 Social Work Clock Hours (#RSX059002)
- 5.0 Counselor Clock Hours (#RCX109207)
- 5.0 BENHA (#146-C-10)
- 5.0 MRDD (application has been made)

The Ohio Board of Nursing accepts events approved for Counselors & Social Workers for Continuing Nurse Education Contact Hours.

Speaker

Ruth McMonagle, LISW, MSW, MBA has been an independent trainer and consultant for over 20 years, specializing in management/supervisory training and increasing personal effectiveness. Prior to that, she worked for 13 years in child welfare in many capacities from caseworker to executive director. She has over 30 years of professional experience in behavioral science and human relationships.

Ruth holds a master's in social work and a master's in business administration. She is a member of the American Society for Training and Development and a licensed Independent Social Worker in the State of Ohio.

REGISTRATION FEE: \$70.00

The registration fee includes coffee, tea and handouts. Lunch is not included.

Late Registration: \$80.00 (after 4/13/10)

A refund will be made only for cancellations received 5 work days prior to the event. If less than 5 days, a credit can be issued for use at another program within the next year. If notice of cancellation is not received before the date of the program, no credit can be issued. Any checks returned will be subject to a \$15 bad check fee by the City of Columbus.