



March feature – Need help handling change?

“Progress is impossible without change, and those who cannot change their minds cannot change anything.”

- **George Bernard Shaw**

Life brings all kinds of changes. Whether you're adjusting to a new role and responsibilities at work, a new baby, a new relationship or a breakup, change can mean challenges, increased stress, and even anxiety about the future. It can also create fresh energy and opportunities.

If life has recently thrown you a curve ball and you could use some advice about how to handle change constructively and positively, contact **inConfidence** any time, 24 hours a day, seven days a week. Consultants are available to provide confidential support and recommend helpful tools and resources if you're struggling to understand and cope with feelings of stress and uncertainty during times of transition.

You can also visit www.myinconfidence.ca -- now optimized for use with tablets and smartphones -- to listen to a **NEW** podcast, **Navigating Your Career in a Changing Work World**. You can also access the following educational materials to help you thrive during times of change. (*Be advised that you may need to log in the first time you click on a link.*)

- Recordings, including: [Growing Stronger Through Change](#), [Navigating Workplace Change](#)
- Booklets and articles: [Working Through Times of Change](#), [Making it Work in Your New Workplace](#), [Growing Stronger Through Change](#), [Coping with Change](#), [Getting Past Obstacles to Personal Change](#), and [Navigating Workplace Change](#)

Download our **FREE** mobile app for iPhone, Android, or Blackberry—just search for “LifeWorks” in your online app store.

Call inConfidence at 1-877-418-2181 anytime. TTY: 1-877-371-9978

You can also visit www.myinconfidence.ca or access via

Ceridian LifeWorks Mobile

(User ID: NLMA ; Password: inconfidence)