

# **EAPA FUND RAISING DINNER**

(Employee Assistance Professional Association)

Tuesday October 19, 2004

## **“IT HAPPENS!! How to Become Change-Resilient”**

Featured speaker:

**Julie M. Smith, PhD.**

Time: 6:00pm- 6:30pm – Registration, exhibits, networking and  
*SILENT AUCTION!!!!*

6:30pm – 7:15pm – Dinner (Mediterranean Salad, Chicken  
Costa Del Sol, & Mocha Toffee Torte)

7:15pm – 9:15pm – Feature Presentation

Cost: \$50 per member, \$60 per non-member

Location: Sheraton Station Square

***Reservations required:*** Call Michelle Burkes @ 412-913-8476 to register for this exciting and informative presentation. Mail payment to: Michelle Burks, 8836 South Court #303, Allison Park, PA 15101.

**All reservations and payments must be received by:  
October 13, 2004**

Professional Development Hours: PDH's for CEAP's for LSW's and CAC's will be awarded at the close of the presentation.

***“It” Happens! How to Become Change-Resilient***, will help participants learn:

- A proven method that helps individual employees develop life skills for achieving personal resiliency, able to adapt to any change with courage and confidence
- A one-on-one coaching approach for leaders to use in guiding others through the emotional, mental, and behavioral challenges caused by change—to make life choices and find the opportunities that are not always apparent
- An organizational change model that leaders can use to anticipate and eliminate the trauma caused by change

This interactive session will provide you with takeaway tools that you can put to immediate use.

\*\*\*\*\*A drawing will take place for a free *“It” Kit*, which contains everything you will need to facilitate a three-hour, all employee workshop on how to become change-resilient (**\$995 value**).

### Here’s how you can contribute to the silent auction:

Ask people you know who provide a service or product (eg., tree trimming, laundry, florist, dentist, chiropractor, massage specialist, printer, restaurant or other eating establishment, etc.) if they would be willing to donate a good or service for the Fund Raiser for your non-profit organization. Explain also that their donation will help publicize their business as well especially if the donation is in the form of a gift certificate that the holder will have to bring to the business to collect. Other possibilities are people who hold season tickets to games, theatrical productions, ballet, etc. who would be willing to give up two or more tickets once during the season. Also, anyone you know who gives music, dance or other lessons; gyms or athletic clubs that would give a free class or group of lessons or services. You get the idea. Artwork, jewelry and handmade objects that reflect a high level of skill or talent are also great if you can get someone you know to donate as a way of marketing their product or art. Please call me with any questions or ideas you have. If everyone who volunteer for this "committee", plus a few others of you get just one of these donations we will have a great auction.

Thanks  
TheresaMason  
412-856-5005 or e-mail me at TirzaM2@cs.com

[About our Speaker: see attachments](#)