

# THE ESSENCE OF CHANGE

## A MULTI-DIMENSIONAL EXPLORATION



**Sponsored by Well-Being Services**  
Presented by Michael Stephens  
Location: 2051 Hilltop Dr. Suite A-17C  
Date: Saturday TBD 1:00 p.m. – 5:00 p.m.  
**Check-In 12:30 p.m.**

The goals of this interactive & multi-media workshop are to help participants:

- ◆ Delve deeper into the psychology of change to understand at a more comprehensive level; the complexities, conflicting feelings and other dynamics at play.
- ◆ Introduce a multi-dimensional model that realistically portrays what the human experience / process is like with change. The model helps individuals identify where they currently are in their response to change, and how to navigate to where they would like to be.
- ◆ Explore sources of resistance and strategies for helping clients navigate through the realms of major life transitions.
- ◆ Learn from each other through sharing of personal and professional experiences and insights acquired in this area.

*Michael is a licensed MFT and has an extensive background in grief and loss through working with individuals and families who are facing issues of terminal illness, death of a loved one as well as other major life changes. He has taught at UC Berkeley Extension, JFK University and Samuel Merritt College. He offers unique insights into this topic through his personal experience as a care giver, his many years of counseling clients, and his over 20 years of study in psychology, philosophy and spirituality.*

### \$25.00 per person

#### Fee includes:

- Interactive format to help integrate Change concepts into your life.
- PowerPoint presentation and other materials to use as a reference
- Change Model
- Refreshments

\*\*\*\*\***RSVP with Payment**\*\*\*\*\*

### **Registration Form** **The Essence of Change**

Name(s): \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

*Please make check payable to **Michael Stephens**  
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Contact Mike for questions at (530) 355-3476  
Or email at [info@mpathtowellbeing.com](mailto:info@mpathtowellbeing.com)  
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