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Change Management: Leading Yourself and Others Through Change - Session One

Session 1: Leading Yourself Through Change

[Register](#)

Date & Time Oct 15, 2025 12:00 PM - 1:00 PM

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Location This is a virtual event

[Session Two takes place on October 22, 2025.](#)

Each session will be presented live via Zoom and will not be recorded. Registration is required to receive log-in details. To attend virtually, you will need to download the Zoom platform. It does not cost anything to [download the software](#) or, if you need help, to [view tutorials](#).

presented by Dr. Grace Lemmon

In today's dynamic work environment, empathy transcends being merely a soft skill; it is essential for organizational success. This two-part series will delve into the multifaceted nature of empathy and its significant impact on workplace dynamics, equipping participants with valuable insights and practical strategies to harness empathy as a transformative force. By enhancing collaboration and communication, these sessions aim to drive overall workplace success and unlock the full potential of empathy within your organization.

Session 1: Leading Yourself Through Change without Burning Out | Wednesday, October 15 from Noon to 1 p.m. CDT

This portion of the series guides you through how to identify your own values, set goals that reflect those values, and project manage the resulting change so that it feels flexible and doable in the long-term. We will discuss how to jump-start your motivation for change, as well as how to navigate conflicting feelings we have about change. Of course, a major barrier to change is burning out, or feeling deflated, demotivated, or even devoid of energy to change. We will discuss how to manage normal and inevitable *internal* obstacles to change to protect and improve your well-being during times of change.

Additional dates

Additional Dates

- [Sep 25, 2025 11:00AM](#)