

U of G Women, Work and Wellness

What are your challenges to living and working well?

Immunity to Change™:

The Science Behind Why and How We Get In Our Own Way and How To Overcome It

Tuesday, May 4

NOTE REVISED TIME 4 pm to 5:30 pm

SAVE THE DATE

Tuesday, June 15 – 3:30 pm to 5 pm

Creating a vision



Most of us have at least one thing we passionately desire to change within ourselves. Things like: “Prioritizing my own well-being,” “Becoming a better listener,” or maybe “Being more courageous in difficult conversations.” But despite our many attempts to set goals and to muster up our willpower, we fail to make progress, again and again. There’s a very good scientific reason behind why and how we get in our own way. We all have an immunity to change™. Join Evelina Rog, Sr. Consultant in Learning & Development and Immunity to Change Facilitator, to explore what’s been getting in your way of achieving your most important goal and to learn about a research-based, cutting-edge process for overturning your immunity to change.

Prior to the session, we encourage you to reflect in advance on a specific question:

If you could get better at ONE THING — the One Big Thing that would make the biggest difference to your happiness and/or effectiveness, what would that be?

Join Event

Please register separately for each of the upcoming sessions

Register for: [Immunity to Change / May 4](#)

Register for: [Creating a Vision / June 15](#)

If you have already registered for May and are now unable to attend please email calexand@uoguelph.ca. Thank you.