



Free workshop for UNISON members in a Nottinghamshire branch

# Navigating Turbulent Times

A short course looking at how to cope with change

**8 March 6pm - 8pm**  
**Delivered via Zoom**

In this session, Ed Hollamby draws on 20+ years of experience leading large teams through change and helping organisations navigate the many challenges they face. The lessons learned in this session can be used in both your personal and professional life.

This session will:

- Explore why people respond to change differently
- Learn how to put your energies and effort into the things you can influence and accept those things that you cannot influence



<https://eastmidlands.unison.org.uk/unison-notts-learning/>