

NAVIGATING CHANGE IN SHIFTING TIMES

April 14th, 8:30am-11:30am

SIA OFFICE: 9800 Old Placerville Rd Suite 100, Sacramento, CA 95827

In education, change is constant. This interactive session helps employees explore how to adapt and stay resilient when “the cheese moves.” Drawing on the principles from **Who Moved My Cheese?** by Dr. Spencer Johnson, participants will reflect on their own responses to change, share stories with colleagues, and discover ways to lead with optimism, flexibility, and purpose even when times are uncertain.

Participants will engage in reflection activities, team discussions, and a group puzzle challenge to strengthen adaptability, problem-solving, and collaboration skills.

LEARNING OUTCOMES:

- Recognize responses to organizational and personal change.
- Identify proactive versus reactive behaviors when navigating uncertainty.
- Apply strategies to adapt more quickly and effectively to shifting environments.
- Strengthen communication and collaboration during times of transition.
- Cultivate optimism and flexibility to maintain focus and morale through change.

Deborah Camacho, MS and Lyn Poll, MS are trainers with the Schools Insurance Authority’s Prevention Services Department. They have extensive experience facilitating workshops that foster engagement, adaptability, and workplace well-being across school districts. Together, they bring an engaging and collaborative approach that helps teams thrive personally and professionally.



For more information, please contact pgonzales@sia-jpa.org