



# Workshop On Demand!

*A Carebridge Online Multimedia Presentation*

## Managing Change Effectively

*Learn to develop the skills to handle change with optimism, courage, and a life plan. Identify and conquer those perceptions and fears which inhibit action. Understanding the change process will help you to be resilient in times of change and improve personal and workplace coping skills*

*Log into [www.myliferesource.com](http://www.myliferesource.com) to view this Video Workshop!*

*Your Secure Online Access Code: **HSBH4***

*Excellence in Employee Assistance Program and Work-Life Services*

# Workshop On Demand!

*A Carebridge Online Multimedia Presentation*

1

Welcome, Visitor!

Username:

Password:

Forgotten?

If this is your first visit to this site, please enter your Access Code and proceed to registration.

Access Code:

Continue

Need Help?

MY LIFE RESOURCE ONLINE brings individual treasury of information and tools to m manageable and successful.

Within yo almost 20 of valuab quickly a wellness, productiv

You will t pressuriz

1 Login with your Access Code or your Username and Password



2 Click 'My Page' on the Navigation Bar



3 Select Listings under 'My Videos':  
choose the format that works best for you!