

Second Opportunity Added!

Returning to Work Outside the Home

An interactive, communication- based workshop



Want to feel more confident and comfortable returning to work outside the home?



We'll cover proven techniques for change management



Want to add more tools to your toolbox in facing change?



In interactive breakout rooms we'll explore methods

Take care of your emotional and mental well-being

Led by Rebecca Eusey, MHR, EPR and Certified anger management trainer, with experience in supporting Military members in transition and afloat Return and Reunion Program Trainer for deployed service members



90-Minute Interactive
Experience



TUES MAY 25, 6PM

<https://us02web.zoom.us/j/9131591653>

**Meeting ID:
913 159 1653**

Puerto Del Sol Chapter

Email: PuertoDelSolSD@outlook.com