



## SOUTH BRUNSWICK PARENT ACADEMY (SBPA)

*"Solving the Puzzle of Parenting . . . One Piece at a Time"*

*"The greatest barriers to change come from within.  
So do the greatest opportunities." ~ Daniel Sparks*



### **Consider something you would like to change:**

Something that would make your home or work life more effective, more harmonious, or more satisfying.

### **Making this type of change can be hard.**

You may feel committed to it and everything you do is well intended, but you are somehow stalled in your efforts to make this change happen.

### ***Why is that?***

**Join us for this important workshop and learn about those things that we unconsciously do that get in the way of change:**

## ***Grappling with Change: Overcome It and Unlock Your Potential***

**New  
Location!**

**Tuesday, January 10th**

**Crossroads SOUTH Middle School Library 7:00 - 8:30 pm**

*Presented by: Joanne Kerekes and Sandy Fehte*

Together we will:

- Look at the concept of "immunity to change"
- Zero in on one change we would like to see (self, child, family, life)
- Grapple with a step-by-step exercise to examine this change
- Leave with one way to affect this change (safe, small, modest)

**BONUS!**

**10** lucky registrants will receive a copy of our Companion Reading:

*Immunity to Change: How to Overcome It and Unlock the Potential in Yourself and Your Organization (Leadership for the Common Good)* by Robert Kegan & Lisa Laskow

**Complete Your Registration Online Only! [Click Here to Register](#) by January 6th**

Childcare will be available for children ages 3 and up.

Email [SBPA@sbparents.org](mailto:SBPA@sbparents.org) with any questions.