

DECEMBER 2023

# Making a Change



## ONLINE SEMINAR

Change is inevitable, so it may be beneficial to learn how to embrace it. In this session, we will learn how to make a change for the better and learn practical tips on how to embrace the discomfort of change.

To access the online seminar, visit your home page starting December 19<sup>th</sup>.

- Click this link:

<https://helpwhereyouare.com/CompanyLogin/1515/mercy>

- Enter the username and password as shown below:

**USERNAME: MSU**

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- Scroll down and click on “Online Seminars”

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