

PRESENTS **DR. MICHELLE MCQUAID**

FINDING YOUR WAY THROUGH CHANGES

WEDNESDAY, 8 JULY 2026 / 7:00-9:00PM

KARRALYKA CENTRE, RINGWOOD EAST

In this workshop, you'll learn to:

- **Decode the 'Oh FUD!' moments** - spot the fear, uncertainty, and doubt when change arrives, and learn how to calm yourself.
- **Discover five questions that turn overwhelm into action** - so you can own how you respond.
- **Develop your change muscles** - because navigating change is a skill, not a one-time event.



TICKETS

Non-member	\$40
Member / Concession	\$20



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