## Summer 2020 Popup Classes
### Business Training Solutions
Montgomery College
Workforce Development and Continuing Education

<table>
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<tr>
<th>Course ID</th>
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| MGT632    | 16869| **Sustaining Resilience** | August 5, 2020  
Structured Remote  
8:30am – 12:30pm | $129.00* |
|           |      | During this unprecedented time of change and uncertainty, we are required to draw on all our reserves of resilience. Understanding what resilience is and how it connects to change is necessary for understanding our lives during a pandemic. Examples of resilience and specific exercises will be utilized to prepare participants to strengthen and sustain resilience over a period of time. |
| MGT633    | 16870| **Leading Through Change** | August 14, 2020  
Structured Remote  
8:30am – 12:30pm | $129.00* |
|           |      | Effective leadership requires a whole host of interpersonal skills in normal times. This is further exacerbated during pandemic times. This unprecedented period of change requires that leaders utilize specific interpersonal skills to lead others through change. This further requires an understanding of change management and how it connects to skill such as being resilient, communicating effectively and utilizing empathy. |
| MGT634    | 16871| **Strengthening Effective Communication** | August 19, 2020  
Structured Remote  
8:30am – 12:30pm | $129.00* |
|           |      | How much of your day is spent communicating? Being able to effectively communicate is a critical interpersonal skill for professional success and is especially needed during the current crisis. This course will review the fundamentals of communication and provide instruction on how to strengthen your communication skills effectively. |

Contact Fizie Haleem at fizie.haleem@montgomerycollege.edu for more information.

*Non-Maryland Residents add $120.00
For Registration Information visit: [www.montgomerycollege.edu/wdce/register.html](http://www.montgomerycollege.edu/wdce/register.html)

*Course availability, descriptions and other information are subject to change without notice.*