

Choosing Change Workshop

Changing the Way You Change

Imagine this scenario. You are busy at your computer catching up on e-mails or researching airfares for an upcoming trip. Your phone rings and at the other end of the line someone says: "I need to let you know ...". And whatever that message is, you're left knowing, that in an instant, your world has changed.

This is the kind of change that causes us anxiety; fear; anger; sadness; or a range of other feelings. The kind of change that creates chaos. The kind of change we resist instead of embrace. Many of us stay reactive like that for years because we've never been told there's a *change map* that will show us the way forward. Do you want it?

Yes!

- Stop living the hard way
- Use change to make your hopes and dreams come true
- Become the kind of person you long to be

WHAT AND HOW YOU WILL LEARN

Our experienced and skilled workshop leaders will focus on the *change map* which outlines, then details The Three Stages of Change, along with a powerful framework to help you move through the mental and emotional impacts of change. Through the use of interactive exercises, case studies, discussions, and videos, you'll gain a solid understanding of what to do during each stage. You'll discover practical and proven techniques to deal with the challenges you currently face, and strategies to help others in your life who are going through difficult changes. Perhaps best of all, you'll walk away knowing how to create a new future.

VISIT WWW.COMMONOUTLOOK.COM TO REGISTER FOR THE NEXT AVAILABLE WORKSHOP OR FOR MORE INFORMATION CALL:

+1 (416) 483.6450



"There is in the worst of fortune the best of chances for a happy change." Euripides

"[The facilitator's] professional attitude and commitment ... makes it a delight [to work with him]. The sessions with him were lively and full of [practical applications]. He is very passionate about the subject and this enthusiasm carries onto the participants."

Maureen Lee

Event Organizer - Corporate Events - Singapore

INSEAD - The Business School for the World