

# Hey Toto, We're Not in Kansas Anymore

## Making Change Work for You

*"We all enjoyed hearing your exciting stories and great examples. You kept us motivated and interested throughout the entire session... You've managed to change our way of thinking about ourselves and inspired us to move on and forward."*

**Texas Dept. of Human Services**

*"..... "thank you" for the wonderful work you did this year at Mallinckrodt Medical, Inc. It was a tough time for all of us and the 'survivors' are constantly referencing your sessions as an important step in helping them through the turmoil of major change. You are a truly accomplished presenter with a focus on helping others learn.... On behalf of Mallinckrodt Medical, Inc. and yours truly, thank you for a real contribution to our change efforts."*

**John T. Scott**  
VP, Organizational Development  
Mallinckrodt Medical (a division of Tyco)

When Dorothy uttered those words in the Wizard of Oz, she knew she was in a strange place but wasn't sure where it was. Do you ever feel that way? Changes, especially those of the sudden surprising variety can leave you feeling much like Dorothy; confused, scared, and wondering what to do.

Shift happens. The economy changes, jobs go away, new processes are initiated, or a merger comes along. So how do you cope and move forward?

Become a change victor not a change victim. That means dealing with the fear, letting go of what no longer works, and exploring options to seize new opportunities. As they say in Poker, "You have to know when to hold em' and know when to fold em." Willingness to deal with issues, make changes, and develop a strategy for moving forward can make you a winner.

Depending on the length of program you select participants will;

- measure their Bounce Back Quotients®
- learn how to avoid the seven steps to stagnation
- engage the APRIL process for letting go and moving forward
- develop personal strategies for bouncing back from any change or setback
- focus on opportunities and how to seize them
- tap into personal resilience reserves to thrive.

This fun and informative program may be presented from three different perspectives: Business, Career or Personal Development. Appropriate stories, illustrations, and exercises add to the learning and retention for each program.

**Linda Nash**

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