

# Transitions and Transformations

## “Thriving” in the Midst of Change

Do you view change as good or bad?

Does change feel difficult or easy for you?

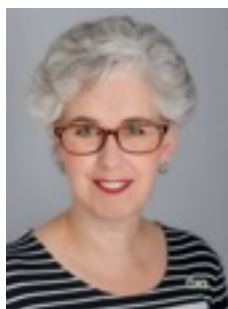
Change is a daily occurrence. Yet, many are harshly impacted by change and some manage their way through change?



Some changes in career, as in being down-sized, or your position eliminated or even a change in your boss can feel overwhelming. Yet, other changes, even minor change, can be the straw that broke the proverbial back.

Better awareness of how change impacts your daily life prevents reactionary triggers that may have you feeling stressed versus adapting behaviors that equip us to deal with changes more powerfully.

In this fully-packed presentation, Terri will show you how to deal with change in a way that empowers you through change.



After this presentation, you'll:

- Discover what holds you back
- Learn how to unleash your full potential through change
- Uncover how and why you give your power away