



**CHANGE**



## **But I Don't Want To** Shedding New Light on Personal Change

Did you ever wonder why some of the changes in your life were easy, exciting, and fun while others felt hard, scary, and impossible? Have you ever found yourself wishing that things would settle down, get back to normal, and let you catch your breath? Do you understand the continuing impact change will have on your life—both personally and professionally? The future guarantees more, not less, change and success will go to those who know how to manage it.

Join Chris Clarke-Epstein, CSP, as she helps us explore our reactions to the changes in our lives, introduces tools that will make change, if not easier, at least more doable, and shares perspectives that might even allow us to see some parts of change as fun!

This custom designed program filled with Chris Clarke-Epstein's well-known style—a balanced blend of humor and substance—will add to your meeting as an exciting opportunity for learning, involve attendees in positive participation, and ready them for practical action when they return to their offices.

Based on the needs of your group and the length of your program, **But I Don't Want To** may include the opportunity for participants to:

- Learn the three ways people react to change
- Experience the seductive power of the Comfort Zone
- Evaluate why they resist change
- Practice five change skills
- Have fun
- Develop an individual action plan to turn today's ah-ha moments into practical action