



You Can't Stop the Waves:

A positive approach to managing change

Let's face it – people don't like change. Whether it's a management shift at work, natural life transitions or a detour in traffic, change often makes us uncomfortable, irritable or anxious. Even though change is a natural state, we do our best to resist it.

In this thought-provoking session, participants will learn a positive approach for managing change including how their brains respond to stress, some simple and practical strategies for responding to challenging situations, and how to monitor and manage self-talk and worry.

In organizations, change is a part of everyday work life. As many as 40% of workers describe “managing change” as one of the top 3 workplace challenges. Mindset plays a critical role in the ease with which people will manage transitions. Developing a flexible toolkit of strategies can help individuals and teams adapt better to change as well as reduce stress and increase their sense of personal control.

In this session participants will:

- Explore 4 key ideas about change
- Discover the relationship between change and stress
- Learn 6 powerful strategies for managing change

Available as a 60 or 90 minute session, or as a half day workshop





Laurel Vespi

*Motivational Speaker, Award-Winning Author,
Certified Life Coach*

Mindfulness, productivity and life engagement expert Laurel Vespi is an engaging and powerful motivational speaker with a humorous and down-to-earth style. She shares simple and practical strategies, so people can reduce stress, improve workplace productivity and create moments of calm in the midst of a hectic and distracted world. Laurel helps people close the gap between good intentions and achieving meaningful goals.

Laurel has more than thirty years of experience as an educator, consultant and group facilitator. Laurel has a Master of Education degree, is a Certified Professional Coactive Coach (CPCC), and is credentialed as a Professional Certified Coach (PCC) from the International Coach Federation. Laurel has more than twenty years of experience in mindfulness practice, has completed training with Mindful Schools and is a Certified Lifestyle Meditation Teacher.

Laurel has been featured on several television and radio programs including Global, City TV, CTV, Alberta Prime Time, CBC Radio, EZ Rock, CHED and a variety of print media including newspapers, Readers Digest, Homemakers Magazine and Be Fabulous Magazine.

Laurel is the author of two award winning books **Spontaneous Combustion: Setting Your Life on Fire** and **To Be Awake**. Laurel is also the host of the popular podcast **The Being & The Doing**.



To learn about coaching, read Laurel's blog, listen to her podcast, or book her to speak visit laurelvespi.com

